

# SMART Family & Friends

Support groups for family, whānau and significant others

SMART Family & Friends is a free, weekly SMART Recovery group for people who may be supporting someone living with addiction challenges.



Offered over six weeks, SMART Family & Friends provides a supportive environment to learn a range of useful tools and techniques such as:

- Self-care
- Safety and support
- Assertive communication
- Problem solving

SMART = Self-Management and Recovery Training

Find out more



09 638 4957



[smart@odyssey.org.nz](mailto:smart@odyssey.org.nz)

Together it's possible.



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# SMART Recovery

Self-management support groups



SMART Recovery is a free weekly group programme, guided by trained facilitators, that supports people living with addiction challenges.

SMART Recovery supports participants to:

- Stay motivated
- Cope with urges
- Practice problem-solving
- Find lifestyle balance

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