



# Choose your own path to a healthier future

SMART Recovery is a free drop-in group program that will support you to take charge of your addictive behaviours around drugs, alcohol, gambling, food, gaming, digital media use or other behaviour of concern.

Online SMART Recovery Group  
for 16-24 year olds  
Wednesdays 4:15pm - 5:30pm



Scan to register  
and to get more info



For more info:

call MYRC on 02 9564 3222

[info@myrc.org.au](mailto:info@myrc.org.au)

[SmartRecoveryAustralia.com.au](http://SmartRecoveryAustralia.com.au)

Records of Attendance for court available upon request

MYRC in partnership with

**NEWTOWN**  
Neighbourhood Centre