Odyssey Auckland

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Let's AGREE to AGREE
SMART Recovery at Odyssey

- Weekly meetings (90 minutes)
- A focus on the addictive behaviour, not the substance itself
- Evidence-based tools and techniques
- Mutual aid: Participants share practical solutions as a group
- Concentrates on the "here and now" (last 7 days, next 7 days)
- Goal setting: Set your own achievable plan for the week ahead
Tools and techniques…

1. Enhancing & maintaining motivation
2. Coping with urges
3. Problem solving
4. Lifestyle balance
THIS MIGHT TAKE A WHILE
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SMART
https://smartrecoveryaustralia.com.au