

## SMART Sessions

Focusing on harm minimisation and reduction rather than suggesting you need to give alcohol away entirely; Meridian is delivering SMART Recovery meetings for LGBTIQ+ Canberrans to address any risky drinking behaviour they may be experiencing.

The SMART Recovery model is utilised to address why and how to foster a healthy relationship with alcohol that suits your own life goals and sense of wellbeing.

Meetings are held both online and face to face in the CBR Pride Hub in Turner on Tuesdays at 5:30 pm.

Registrations are essential, please email [sobar@meridianact.org.au](mailto:sobar@meridianact.org.au) to secure your spot

Meetings  
Tuesdays  
5:30 pm



SUPPORTED BY



— NOT SO STRAIGHT UP —



[notsostraightup.org](http://notsostraightup.org)  
[sobar@meridianact.org.au](mailto:sobar@meridianact.org.au)

Havelock House  
85 Northbourne Ave, Turner

- Smart Recovery Meetings
- LGBTIQ+ AOD Awareness Training
- LGBTIQ+ AOD Health Resources
- Community Events Sober Pop-Up



# Sobar

## Not So Straight Up

aims to reduce alcohol related harm within the LGBTIQ+ communities in the ACT through increased awareness of the health and wellbeing impacts of alcohol and challenging the social norms around drinking behaviour and alcohol culture.

ACT Health has funded this two-year project as part of the Healthy Canberra Grants Program. The project will help sexually and gender diverse people and people with HIV reduce the harms associated with the use of alcohol and other drugs by providing a range of relevant support services.

We're conducting in-depth research into why we drink like we do, both as a nation and as our unique cohort of communities. This research will assist us in aiding in policy development for LGBTIQ+ health needs, resource development for support services and messaging around alcohol.

Meridian has been advocating for, supporting and servicing our communities for over 30 years.

Meridian (formerly AIDS Action Council) is a peer-led, **community**-controlled organisation taking **action** to improve the **health** and wellbeing of people impacted by HIV and LGBTIQ+ people, and create safe and inclusive communities.

Meridian provides sexual health education and prevention, targeted health promotion activities, community events, education and training. Meridian Wellbeing Services provide low and no cost counselling and mental health support including psychologists, mental health social workers and peer-led support services.

We work with our communities in a supportive and non-judgmental way, whether their interest is to be more informed about alcohol use, be able to use in a safer manner or to get support to reduce or stop use.

Sobar is online with an Instagram profile and Facebook page as well as a website where we share all our tips and tricks for navigating the world sober or considering it, keeping your cool if cravings hit and finding like-minded humans to mingle with, either online or in person.



## LGBTIQ+ AOD Awareness Training

Meridian is delivering LGBTIQ+ AOD awareness training to the ATOD sector to ensure that services understand the needs of our diverse communities and can provide treatment and support in a safe and inclusive manner.

The training module has been contextualised to include the research findings from program activities.

To register your interest in attending open sessions of the training or to organise a closed session for your organisation please contact us by email at [training@meridianact.org.au](mailto:training@meridianact.org.au)