

# About Womens Health & Family Services (WHFS)

WHFS is a not-for-profit organisation that provides health care services to over 60,000 families from more than 80 different nationalities across Western Australia (WA) each year offering a diverse range of free or low-cost medical services, health and well-being programs, professional counselling, training and consultancy. WHFS is a well established integrated service and leader in providing quality health and well-being services and programs.

## FEES AND CHARGES

WHFS offers free or low-cost health and well-being services and programs and all fees are negotiable.

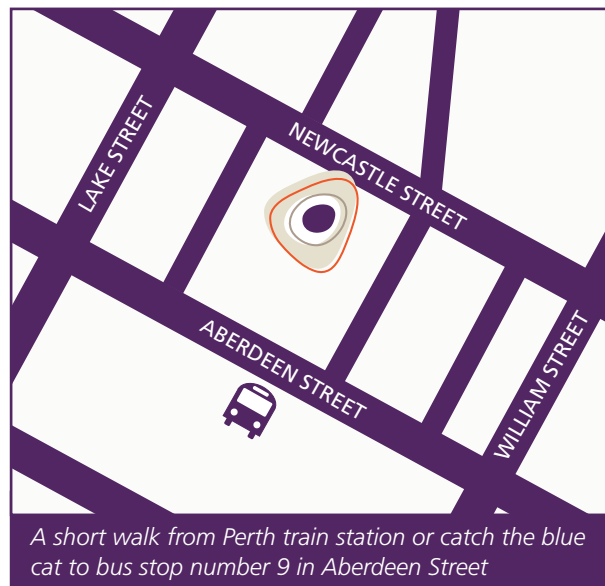
Please note that appointments are essential.

- WHFS facilitates professional presentations, work-shops and training on a wide range of health and well-being topics. Organisations and community groups can select from an extensive range of topics or programs can be individually tailored.
- WHFS offers free childcare (crèche) services (Northbridge).
- Interpreting services can be arranged for clients attending appointments at WHFS.
- WHFS meeting and group rooms are also available for hire.
- **Social And Support In The Joondalup Area**  
Join other women and make new friendships. We offer a free weekly craft group, walking groups (indoors or outdoors) and low cost choirs (no auditions needed).

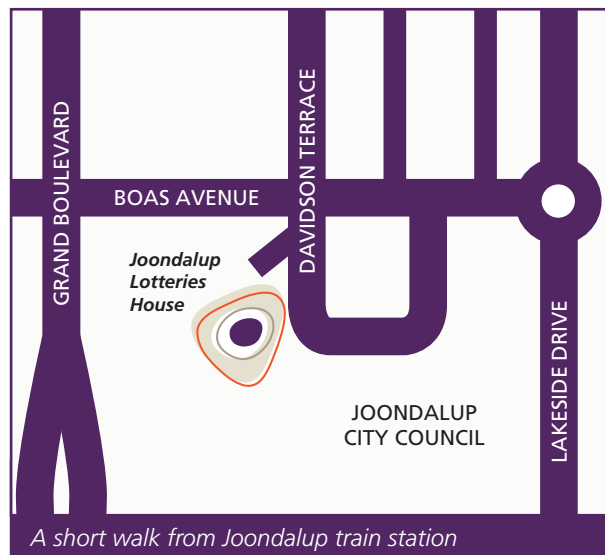
For more information email [info@whfs.org.au](mailto:info@whfs.org.au)

*WHFS has a policy of mutual respect.  
All services are provided within the context of a supportive, safe environment.*

**Northbridge** 227 Newcastle Street, Northbridge WA 6003  
Tel: (08) 6330 5400 Fax: (08) 6330 5499



**Joondalup** Suite 6 - 70 Davidson Terrace, Joondalup  
Tel: (08) 9300 1566 Fax: (08) 9300 1699



Gifts to WHFS supports women, their children and families from over 80 different nationalities and across all age groups.

Womens Health Care Association Inc  
ABN 81 007 269 571



- medical & health
- alcohol & other drugs
- family & domestic violence
- mental health
- community development
- aboriginal family support
- rural in reach



creative fruition 11600 - January 2015

## Our Services

Improving the health & well-being of women, their families & communities

[www.whfs.org.au](http://www.whfs.org.au)

## MENTAL HEALTH SERVICE

**The Counselling Service** provides low-cost short term counselling for women aged over 18. The service covers depression, anxiety and panic attacks, relationships, self-esteem, grief and loss, past trauma and sexual assault. Additionally, women who have experienced trauma during a consultation with a health professional can access free counselling under the CAHP program.

**The Community Outreach Program** provides an individual and outreach service, group activities and support to women experiencing, or at risk of a mental health problem. It includes individual and group counselling, art therapy, peer support, recreational and children's activities. It aims to reduce isolation, create supportive networks, enhance personal coping strategies and offer parenting support.

**The Perinatal Mental Health Program** assists mums experiencing postnatal depression with young children. The Adjusting to Baby and Change Group aims to reduce the symptoms of postnatal depression and anxiety. Individual sessions are also available. Circle of Security groups are also offered; this is a parent reflection group based on strengthening attachment between parent and child. There are no costs involved and a crèche is provided.

**Making Sense Of Motherhood (Joondalup)** is a 20 week program for women and their babies to attend together. The program is designed to help women who are finding new motherhood challenging. A safe, non-judgmental and validating space is provided for women to develop confidence in their abilities as a new mother and to feel supported in getting to know their baby.

### **Body Esteem Program**

The Body Esteem Program (BEP) provides 20-week self-help groups for women aged 18 and over who identify with having an eating disorder such as Anorexia Nervosa, Bulimia Nervosa or Binge Eating Disorder. The program is facilitated by women with a lived experience of an eating disorder and subsequent recovery and is designed to support women work toward self-paced change and make informed decisions regarding their overall health and wellbeing.

### **The Parent/Partner Education and Support Program (PESP)**

is a one-day workshop for anyone (16+) who has a loved one with an eating disorder. The workshop aims to offer insight in to what their loved one may be experiencing as well as strategies that may be useful in supporting their loved one, as well as themselves. Both men and women are welcome to attend.

## MEDICAL & HEALTH SERVICE

WHFS' specialized team of friendly, experienced female doctors and nurses are available by appointment to assist with women's health issues including:

- Breast problems
- Menopause and menstrual problems
- Contraception and pregnancy testing
- Information, counselling and referral for unplanned pregnancy and abortion
- IUCD and Implanon insertion
- Sexually transmitted infections screening – walk in clients accepted after 2pm (Northbridge)
- Pap smears

Other medical services offered include:

- Telephone information service on 1800 998 399 (Toll Free)
- Training and educational talks to corporate and community groups

## FAMILY & DOMESTIC VIOLENCE SERVICE

**Multicultural Women's Advocacy Service (MWAS)** is a free, confidential support service for women from culturally and linguistically diverse backgrounds who have experienced, or are at risk of, domestic violence. The outreach service operates from Northbridge, Mirrabooka, Gosnells, Fremantle and Joondalup.

### **Domestic Violence Advocacy Support Central (DVAS Central)**

is a free, confidential support service for people experiencing abuse in their relationship. Program staff can explore options and provide information on available services to allow people to make informed decisions about their future. DVAS is located in Northbridge close to the free Blue Cat bus service.

**Multicultural Kids in Focus Program (MKIF)** provides counselling and support for children from multicultural backgrounds who are at risk of becoming homeless, often as a result of family and domestic violence.

## COMMUNITY DEVELOPMENT SERVICE

WHFS staff can provide information sessions and workshops for women, their families and community groups on a wide range of health topics. Workshops include healthy eating on a budget and cooking classes through to workshops on stress and more! WHFS staff can present talks and workshops at our building in Northbridge or at community venues. We are also happy to use interpreters.

Community Development provide low-cost or free physical activity opportunities for women and their families including gentle exercise, learning to swim, social bike rides and a variety of come and try activities.

## ALCOHOL & OTHER DRUGS (AOD) SERVICE

AOD services are provided by professionally trained counsellors including psychologists, social workers, art/ expressive therapists, children's counsellors, family therapists, and parenting support workers all with specialised training in AOD. Services are delivered through three programs designed to help women and their families directly or indirectly affected by alcohol and other drug use.

**Drug and Alcohol Program (DAP)** provides individual counselling, group activities and couple and family support to women and their families impacted by AOD use. DAP also provides services to clients on Diversion programs including the Perth Drug Court and also those being supervised by Community Justice Services.

**PEPISU Women and Children's Program** is a free service providing individual counselling, information, group activities, outreach, family and social recreational activities for women who are pregnant and/or parenting with alcohol and other drug related problems .

**Prison Programs** – AOD group programs are provided for women in prison to address the AOD related problems that may have contributed to their offending. These programs also support women to develop strategies to assist them in preparation prior to their release in to the community.

**KIFWA (Kids in Focus WA)** provides free counselling and support for children and their families affected by parental substance use.

## ABORIGINAL FAMILY SUPPORT SERVICE

Aboriginal Grandparent and Family Support Service provide a wide variety of programs to all family members, including children and grandparents. Programs include:

- alcohol and other drug counselling
- grief and loss counselling
- advocacy, referral and support
- playgroup
- women's art workshops/ coffee morning
- protective behaviours
- cultural events and activities
- healthy women's workshops

## RURAL IN REACH (RINR)

The RinR Program provides a range of health and well-being services to women, their families and communities in remote and rural Western Australia. The program uses the latest secure video conferencing technology to deliver long distance individual and family counselling or group workshops and training sessions with trained WHFS professionals. For more details visit [www.ruralinreach.whfs.org.au](http://www.ruralinreach.whfs.org.au)