

Womens Health and Family Services Events Term 4 (8 October – 13 December 2018)



womens health
& family services

- To find out more, or to attend a group in Northbridge, please contact us on **(08) 6330 5400**
- Or to find out more about a specific **Joondalup** group, please contact us on **(08) 9300 1566**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|---|--|------------------------------------|--|---|
| 70 Davidson Tce Education Room | CHOIR (Call for details) | WALKING GROUP TAI CHI (Call for details) | CRAFT GROUP (Call for details) | POWER TO CHANGE 10 – 12pm | |
| 227 Newcastle ST Group Room 1 | GOSO GROUP (Relapse prevention) 10.00 – 11.30am | COFFEE MORNING & ART GROUP 10 - 12pm | HEALTH PROMOTION 7.30 – 5pm | AGFS PLAY GROUP 10 - 12pm | BE WELL COFFEE MORNING 10 - 12pm |
| | | MSOM 1 - 3pm | | | |
| 227 Newcastle ST Group Room 2 | POWER TO CHANGE 10 - 12pm | MWAS COFFEE MORNING 10 - 11.30am | SEEKING SAFETY 12.30 – 2.30pm | CIRCLE OF SECURITY (KIF) 10 – 12pm | ADJUSTING TO BABY AND CHANGE 9.30 – 12.30pm |
| 227 Newcastle ST Group Room 3 | CERTIFICATE II LEADERSHIP 9.30 – 2.30 | | | CERTIFICATE II LEADERSHIP 9.30 – 2.30 | CERTIFICATE II LEADERSHIP 9.30 – 2.30 |
| 227 Newcastle ST Training Room | LEADERSHIP / EMPLOYMENT 9 - 5pm | LEADERSHIP / EMPLOYMENT 9 - 5pm | LEADERSHIP / EMPLOYMENT 9 - 5pm | LEADERSHIP / EMPLOYMENT 9 - 5pm | LEADERSHIP / EMPLOYMENT 9 - 5pm |
| 227 Newcastle ST EVENING GROUPS | | SMART RECOVERY GROUP 4.15 – 5.45pm ANOREXIA AND BULIMIA NERVOSA 6.30-9pm | | BINGE EATING DISORDER 6.30 - 9pm | |
| CRECHE BOOKINGS ESSENTIAL | 9.30 – 1.30 | 9.30 – 2.30 3.00 – 6.00 | 9.30 – 2.30 3.30 – 6.30 | 9.30 – 2.30 | 9.30 – 1.30 |

- **Adjusting to Baby and Change**

A nine week group program for women experiencing postnatal depression and/or anxiety.

- **AGFS Play Group**

Although this group targets Aboriginal families and their young children, all families are welcome. It features arts and crafts, sing-alongs, dress ups, fun outings and guest speakers.

- **Be Well Coffee Morning**

This weekly peer support group is for women who identify as living with mental health problems. It offers a relaxed, caring environment to share, socialize, create support networks and learn new skills and coping strategies.

- **Body Esteem**

This 20-week group offers support for women (18+) experiencing eating disorders such as Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. The program is designed to assist women to make informed decisions about their health and wellbeing, make sustainable changes and provide hope that recovery is possible.

- **Buried in Treasures**

A self-help workshop for women who struggle with hoarding behaviours.

- **Choir (Joondalup)**

A community choir is located at Joondalup and at Merriwa. There is no need for previous experience just a desire to sing, learn new singing skills and enjoy friendship and support of other women.

- **Circle of Security**

This eight week program helps parents improve their relationship with their child and learn how to understand and manage their child's behaviour.

- **Coffee Morning & Art Group**

Clients from the Aboriginal Grandparents and Family Support Program and Alcohol and Other Drug Service clients are welcome to come have a coffee and a chat. Various art and craft activities will also be available.

- **Computer Class** *WHFS, PN and CTA clients only*

This group is for women seeking to learn computer skills for work or study.

- **Craft Group (Joondalup)**

This free group allows women to come together, share skills and work as a collective on projects. All materials are paid for through the sale craft projects.

- **Employment Programs**

Parents Next (for parents with their youngest child under the age of 6 – referrals from Centrelink) and Career Transition Assistance: CTA (adults over 50 years of age – referrals from JobActiv Providers).

- **English Class** *WHFS Clients Only*

This group is for women who want to improve their spoken and written English skills, for work or study purposes.

- **GOSO Group (Get Off and Stay Off)**

Alcohol and other drug relapse prevention group for women. The aim is to strengthen motivation to overcome drug and alcohol issues.

- **Job Club** *WHFS, PN and CTA clients only*

This group assists women to develop their job-seeking skills, including providing help with on line applications, resume upgrade, application letters and access to computers.

- **Leadership Certificate**

In partnership with South Metro TAFE, we offer clients Certificate II in Leadership (3 days a week) to prepare them for employment and future studies.

- **MWAS Coffee Morning**

Multicultural Womens Advocacy Service coffee morning provides opportunities to develop friendships and participate in activities in a manner that is sensitive to cultural, religious beliefs and practices

- **Power to Change** (Northbridge and **Joondalup**)

This program provides education and support in addressing the loss of confidence and self-esteem of women who have been in abusive relationship.

- **Seeking Safety**

This is a group therapy program for women with a history of trauma and Alcohol and Other Drug (AOD) issues. Focus will be on how to manage moments when triggers or feelings are strong. We do not discuss past trauma experiences but instead build new skills to help you cope and feel safer in your day to day life.

- **SMART Group (Self Management and Recovery Training)**

A recovery group for women who want to work through any behaviour change. This is a free group program to help any problematic behaviour including addiction to alcohol or drugs, gambling, shopping, food, internet, relationships or others. 4.15-5.45pm with a creche available.

- **Walking Group (Indoors **Joondalup** /Whitfords, Outdoors **Joondalup**)**

This free group takes place at various locations across the North Metro area. New Members are welcome. Contact WHFS Joondalup for more information.