

Womens Health and Family Services Events



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**

GROUPS Term 1 2019 (4 February – 12 April 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
70 Davidson Tce JOONDALUP Education and Conference Rooms	BINGE EATING DISORDER (Ed Rm) 10 – 12.30am CHOIR GROUP (Conf Rm) 9 - 12pm	CTA WORKSHOPS 9 – 4pm WALKING GROUP 8.30 – 11pm TAI CHI 9 – 11.30	CTA WORKSHOPS 9 – 4pm CRAFT GROUP 9 – 12pm	MINDFULNESS IN MOVEMENT 10-10.30 RESTORATIVE YOGA 11-12.15 (17/1-21/2)	
227 Newcastle ST NORTHBRIDGE Group Room 1	GOSO GROUP (Relapse prevention) 10.00 – 12pm	COFFEE MORNING & ART GROUP 10 - 12pm	BE WELL ART THERAPY 10 - 12pm HEARTFELT CONVERSATIONS 12.30 – 2.30pm	AGFS PLAY GROUP 10 - 12pm	BE WELL RECOVERY GROUP 10 - 12pm TAI CHI FOR WOMEN 12.30 - 2pm
227 Newcastle ST NORTHBRIDGE Group Room 2	TUNING INTO KIDS 10 - 12pm	CIRCLE OF SECURITY (CaLD) 10 - 12pm	MSOM 10 – 12pm SEEKING SAFETY 12.30 – 2.30pm	CIRCLE OF SECURITY (KIF) 10 – 12.30pm	ADJUSTING TO BABY AND CHANGE 9.30 – 12.30pm
227 Newcastle ST NORTHBRIDGE Group Room 3	CERTIFICATE II LEADERSHIP 9 – 3pm	TRAINING 9 – 4pm	TRAINING 9 – 1pm (fortnightly) BURIED IN TREASURES 1.30 – 3.30pm		
227 Newcastle ST NORTHBRIDGE Training Room	CTA Workshops 9 – 4pm	CTA Workshops 9 – 4pm		CERTIFICATE II LEADERSHIP 9 – 3pm	CERTIFICATE II LEADERSHIP 9 – 3pm
227 Newcastle ST NORTHBRIDGE EVENING GROUPS		ANOREXIA AND BULIMIA NERVOSA 6.30-9pm	CONNECTING TO CULTURE 4 – 5pm SMART RECOVERY GROUP 6 – 7pm		
CRECHE BOOKINGS ESSENTIAL	9.30 – 1.30	9.30 – 6.00	9.30 – 6.00	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 Art Therapy**
This program is for women who identify as living with mental health problems. This supportive group aims to build inner strength & develop an understanding of emotion through art.
- **Be Well Recovery Group**
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 (Northbridge and Joondalup)**
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.
- **Career Transition Assistance Workshops - CTA**
CTA is for adults over 50 years of age – referrals from JobActiv Providers.
- **Choir (Joondalup)**
A community choir is located at Joondalup and at Merriwa, no 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.
- **Connecting to Culture**
An 8 week cultural empowerment program for Aboriginal children aged between 5 and 11. This program includes cultural activities that assist young people to connect with culture and develop a strong self-identity.
- **Certificate II Leadership**
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.
- **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.
- **GOSO Relapse Prevention 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.
- **Heartfelt Conversations**
This is an open group with a specific focus on CALD (Culturally and Linguistically Diverse) women experiencing domestic violence although all women with lived experience are welcome. The group is based on principles of respectful, open and supportive conversations about your lived experience with the aim to nourish a sense of community and sharing.
- **Making Sense of Motherhood - MSOM**
To support mothers who want to develop their relationship with their new baby, increase their self-awareness, and learn about their child's emotional needs while experiencing challenges associated with postnatal depression and/or anxiety. Mothers and babies attend together.
- **Mindfulness in Movement**
Discover why so many people globally are embracing these simple and effective tools to help quieten the mind, increase attention, awareness and build resilience. Explore mindfulness through a variety of gentle movement exercises.
- **Restorative Yoga**
Practice the art of non-distraction and non-doing. Using restful asanas combined with gentle attentive flowing movements. Be supported with bolsters, blankets and Tibetan bowl sound vibration. Leave relieved and in a state of bliss.
- **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 Recovery 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.
Tai Chi (Northbridge)
This is a small group offering Tai Chi to assist women in being grounded, balanced and more able to meet the everyday challenges of life. No previous experience necessary. Facilitated by fully qualified, experienced and sensitive Tai Chi Master. (Joondalup - Beginners Tai Chi 9-10am and Intermediate Tai Chi 10-11.30am)
- **Tuning into Kids**
Tuning in to Kids™ is a parenting program that encourages and guides parents into finding their own way of effectively *Tuning in* to their children's emotions and helping them understand and regulate their feelings. This programme is useful for all ages but particularly relevant for parents of pre-schoolers.
- **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.