



Power to Change Groups

A self-esteem group for women who have experienced family and domestic violence. This program runs during school terms.

This 16 week program covers:

- ◆ Building self esteem, Self determination and Empowerment
- ◆ Learning new ways for managing and expressing emotions
- ◆ Working on boundaries and assertiveness
- ◆ Increasing understanding of women's basic rights, gender stereotyping and social norms and domestic violence issues.

If you would like more information or wish to be part of this group simply make an appointment to have a short discussion about your needs and a safety assessment.

Please call on (08) 6330 5400.

For professional advice, counselling and support call:

Womens Health & Family Services

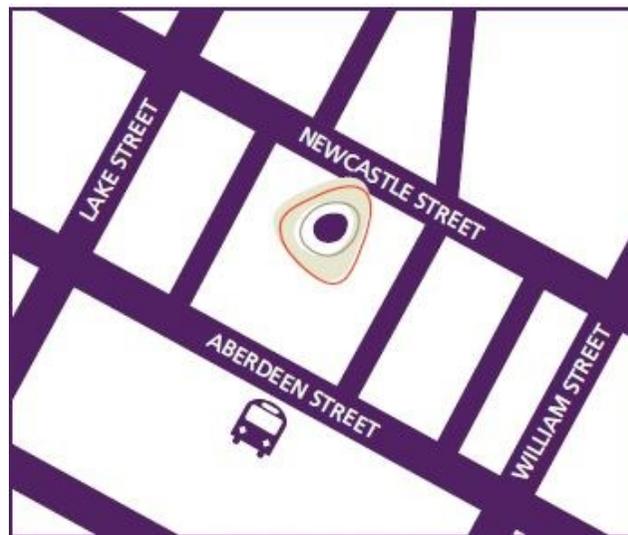
227 Newcastle Street, Northbridge WA 6003

Tel: (08) 6330 5400

Fax: (08) 6330 5499

Email: info@whfs.org.au

Web: www.whfs.org.au



A short walk from Perth train station or catch the blue CAT to bus stop number 10 in Aberdeen street.

All WHFS services are low cost

Creche is available, Bookings essential.



womens health
& family services



womens health
& family services

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

Mental Health Services

improving the health and well-being of women, their families and communities

www.whfs.org.au



“Be Well” Mental Health Program

The Be Well mental health program is a psychoeducational group program focusing on recovery and life skills to enhance women’s emotional, social and psychological wellbeing. It is for women residing in the north metro area, with persistent mental health concerns.

The program aims:

- ◆ To enhance women’s personal coping strategies in order to minimize the stress and disruption of a mental illness, and meet life challenges constructively.
- ◆ To empower women to play an active part in the management of their mental health and wellbeing.

Examples of the group structure:

- ◆ Yoga / Self defense
- ◆ Nutrition and Cooking
- ◆ Recovery planning and structure
- ◆ Mindfulness and Relaxation
- ◆ Creative art and crafts
- ◆ Vocational skills

Creche available, Bookings essential.



Group Programs

Friday Morning Recovery Group

An open group that meets weekly (during school terms) where women can focus on recovery and life skills for their mental health and well being whilst connecting with others.

Art Therapy Group

A 7 week strengths-based program held twice a year giving women the opportunity to work on issues in a gentle and creative way. This is a closed group.

Individual Support

The mental health program is staffed by mental health professionals who can provide referral, advocacy and support to women in the group program.

School Holiday Program

Recreation and school holiday activities are offered to women engaged in group activities.

Please note: An assessment is required prior to engaging in any of the programs.

For more information contact the Mental Health Team: mentalhealthteam@whfs.org.au or (08) 6330 5400



Counselling Program

The counselling program at WHFS provides individual counselling sessions for women over 18. Counsellors deal with a range of issues, including but not limited to:

- ◆ Depression
- ◆ Anxiety and panic attacks
- ◆ Loss and grief
- ◆ Childhood sexual abuse
- ◆ Family violence
- ◆ Self esteem
- ◆ Relationships
- ◆ Child/parent issues
- ◆ Trauma

The program also provides a specialist service (CAHP) for women who have experienced trauma during a consultation with a health professional. Therapeutic groups are offered according to demand.

Creche available, Bookings essential.

Women who would like to be part of the Mental Health Program are welcome to self refer.

Referrals can also be made by GP’s, clinics, psychiatrists, hospitals and other health professionals.

Please contact Mental Health staff for more information.