

Womens Health and Family Services Events Term 2 2018 (May – June)



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 10.00 – 11.30am	COFFEE MORNING & ART GROUP 10 - 12pm MSOM 1 - 3pm	HEALTH PROMOTION	AGFS PLAY GROUP 10 - 12pm	BE WELL COFFEE MORNING 10 - 12pm
227 Newcastle ST Group Room 2	POWER TO CHANGE 10 - 12pm	MWAS COFFEE MORNING 10 - 11.30am SEEKING SAFETY 12.30 – 2pm		CIRCLE OF SECURITY (KIF) 10 – 12pm	ADJUSTING TO BABY AND CHANGE 9.30 - 12pm
227 Newcastle ST Group Room 3	BRINGING UP GREAT KIDS 10 – 12pm ENGLISH CLASS 1.30 - 3pm	BURIED IN TREASURES 12.30 – 2.30pm			
227 Newcastle ST Training Room	JOB CLUB / COMPUTING 9.30am – 12.30pm		JOB CLUB / COMPUTING 9.30am - 1pm		
EVENING GROUPS		ANOREXIA & BULIMIA NERVOSA 6.30 – 9.00pm		URBAN FORAGER 5 - 6.30pm (14/6 – 2/8)	
CRECHE	9.30 – 1.30	9.30 – 1.30	9.30 – 1.30	9.30 – 1.30	9.30 – 1.30

Creche bookings essential

- **Adjusting to Baby and Change**

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

- **AGFS Play Group**

This group is for Aboriginal families and their young children. 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. (Anorexia and Bulimia Nervosa in Northbridge Tue 6.30 – 9pm)

- **Bond with Your Baby**

A four week yoga and massage course for mothers and their babies. Experience how to take home yoga play time activities and massage techniques. Improve your mood, re-build your pelvic floor function, gain flexibility and strength plus take home some self-help tools for relaxation.

- **Bringing up Great Kids**

A six week parenting program for parents and carers promoting respectful, caring and nurturing relationships.

- **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 help 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 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.

- **Engaging Adolescents**

A three week program for parents and carers to assist in the development of skills for resolving teenage behaviour problems. A practical guide to help steer teenagers through the challenging times with confidence.

- **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.

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

This group for women aims to strengthen motivation to overcome drug and alcohol issues.

- **Job Club *WHFS Clients Only***

This group assists women to develop their job-seeking skills, including providing help with practice interviews and access to computers for online applications.

- **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.

- **Urban Forager**

An empowering group program specifically for women living and or working in the city of Perth. The program aims to provide a variety of information sessions that increase knowledge, wellbeing and social interaction between participants.

- **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.