

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 2 2019 (29 April – 5 July 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
70 Davidson Tce JOONDALUP Education and Conference Rooms	BEP-BINGE EATING DISORDER (Ed Rm) 9.30 – 12pm CHOIR GROUP (Merriwa & Connolly) 9.30 – 11.30	CTA WORKSHOPS 9 – 4pm WALKING GROUP 9 – 10.30 TAI CHI Beginners 9 – 10am TAI CHI Intermediate 10 – 11.30	CTA WORKSHOPS 9 – 4pm CRAFT GROUP 9.30 – 11.30	BURIED IN TREASURES 12.30 – 2.30pm	
227 Newcastle ST NORTHBRIDGE Group Room 1	GOSO GROUP (Relapse prevention) 10 – 12pm	COFFEE MORNING & ART GROUP 10 - 12pm	TRAINING TBC 10 - 12pm	AGFS PLAY GROUP 10 - 12pm	BE WELL RECOVERY GROUP 10 - 12pm
	MEDITATION AND RESTORATIVE YOGA 1.15 – 2.30		HEARTFUL CONVERSATIONS 12.30 – 2.30pm	MOVING IN MINDFULNESS 12.30 – 2.30pm	TAI CHI FOR WOMEN 12.30 - 2pm
227 Newcastle ST NORTHBRIDGE Group Room 2		CIRCLE OF SECURITY (CaLD) 10 - 12pm	ADJUSTING TO BABY AND CHANGE 9.30 – 12pm	CIRCLE OF SECURITY (KIF) 10 – 12.30pm	CIRCLE OF SECURITY (PNMH) 9.30 – 12pm
			SEEKING SAFETY 12.30 – 2.30pm		
227 Newcastle ST NORTHBRIDGE Group Room 3	CERTIFICATE II LEADERSHIP 9 – 3pm	TRAINING 9 – 4pm	TRAINING 9 – 1pm (fortnightly)	TRAINING 9 – 4pm	
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			CONNECTING TO CULTURE (GR1) 4 – 5pm		
			BPD SUPPORT GROUP (GR1) 6 – 7.30pm		
			SMART RECOVERY GROUP (GR2) 6 – 7.30pm		
CRECHE BOOKINGS ESSENTIAL	9.30 – 1.30	9.30 – 6.00 CLOSED 12.30 – 1pm	9.30 – 7.00 CLOSED 12.30 – 1pm	9.30 – 2.30 CLOSED 12.30 – 1pm	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 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.
- **BEP - Body Esteem Programs (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.
- **BPD Support Group**
A peer driven support group for anyone who has lived experience of a Borderline Personality Disorder
- **Buried in Treasures**
A self-help workshop for women who struggle with hoarding behaviours.
- **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.
- **Choir (Connolly and Merriwa)**
A community choir located at Connolly and Merriwa, no previous experience just a desire to sing, learn new singing skills, enjoy friendship and the 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.
- **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.
- **CTA - Career Transition Assistance Workshops**
CTA is for adults over 50 years of age – referrals from JobActiv Providers.
- **Drumbeat Program**
Drumbeat provides an opportunity for a connection with others through drumming, building our social and emotional skills. Drumming is fun, easy and unites us in a common purpose and flow. Commencing 1 May for 8 weeks on Wednesdays 10-11.30am. All welcome.
- **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.
- **Heartful 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.
- **Meditation**
Discover a variety of meditation techniques derived from Yoga, covering concepts such as grounding, loving kindness, Yoga nidra and breath work. Discover why so many people are embracing these simple and effective tools to help quieten the mind, increase attention, awareness and build resilience.
- **Moving in Mindfulness**
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 Yin Yoga asanas combined with gentle attentive flowing sequences. Be supported with bolsters, blankets and soothed with Tibetan bowl sound vibration.
- **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 small group in Northbridge offers 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. Tai Chi is also offered at **Joondalup** on Tuesdays > Beginners 9 – 10am and Intermediate 10 – 11.30am.
- **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.