

Cost:

AGFS Programs are Free to all family members including:

- Parents
- Grandparents
- Teenagers
- Pregnant teenagers
- Other family members

Referrals

- Self referrals
- Schools, GPs, hospitals, mental health clinics, psychiatrists and AOD services
- Other health professionals/community workers
- Government and Non-government organisations.



ABORIGINAL GRANDPARENT AND FAMILY SUPPORT

227 Newcastle Street, Northbridge WA 6003

PO Box 32, Northbridge WA 6865

Telephone: (08) 6330 5400

Fax: (08) 6330 5499

Email: ascott@whfs.org.au

JOONDALUP OFFICE

Joondalup Lotteries House

Suite 6, 70 Davidson Terrace, Joondalup WA 6026

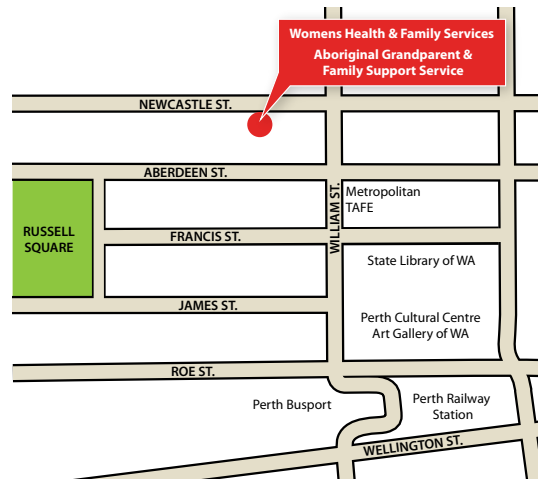
Telephone: (08) 9300 1566

Fax: (08) 9300 1699

Email: ascott@whfs.org.au

www.whfs.org.au

How to get to AGFS in Northbridge



PERTH CITY TRAIN STATION: A 10 minute walk to our building

BLUE CAT BUS Get off stop 8 (laneway access via Errichetti Place to Newcastle Street)

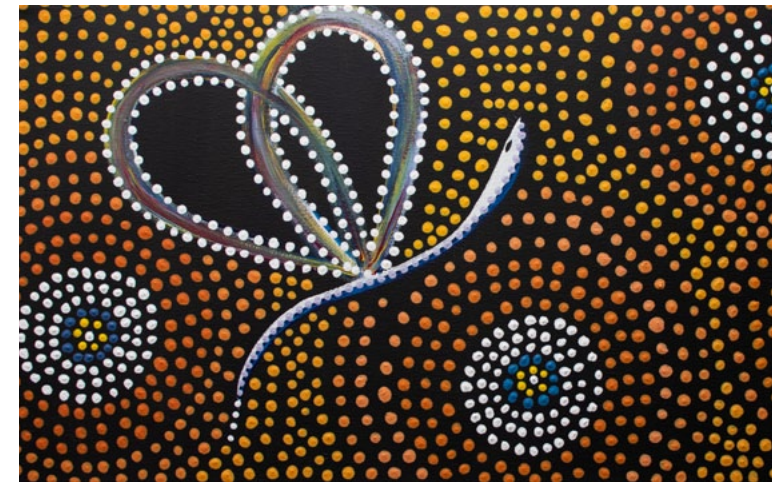
PARKING: Metered street parking close by. There is also a Wilson car park behind our building.

 **womens health
& family services**

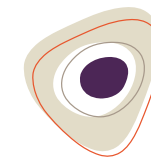
ABN 81 007 269 571

ihca
supporting excellence
CERTIFICATION
AS/NZS ISO 9001:2008
QUALITY CERTIFIED
ORGANISATION

Aboriginal Grandparents and Family Support Service



Courtesy J Carter



**womens health
& family services**

Caring for our families yesterday,
today and tomorrow

ST16289 APRIL 2019

www.whfs.org.au

How can we help you?

Aboriginal Grandparents and Family Support Service can help you with:

Counselling

- Individual counselling
- Family counselling
- Alcohol and other drug counselling
- Referrals to Detox Centres and Rehabilitation
- Grief and loss counselling
- Relapse Prevention (AOD)

Workshops and activities

- Physical Activity Sessions
- Workshops to improve your mental and physical health and wellbeing

Parenting

- Parenting workshops
- Circle of Security Workshops
- Individual and group sessions available

Support, Advocacy and Referral

Our workers can provide practical help for you and your family.

- Helping you talk to government departments about housing, child protection, Centrelink and other issues.
- Connecting you to other programs we have at Womens Health & Family Services. These include our:
 - women's health clinic,
 - family and domestic violence services,
 - children's counselling program and others

Groups

Getting Off Staying Off – GOSO

This is an alcohol and other drug relapse prevention group.

Day and time: Mondays, 10am to 11:30am

Cost: Free

Venue: Womens Health & Family Services,
227 Newcastle St, Northbridge

Playgroup

Moort Warring Mart (Family Playing Group)

Open to all WHFS clients. Playgroup is for parents, grandparents, and carers with children 0-4 years. Come play, sing, and meet new friends. Morning tea provided.

Day and time: Thursdays, 10am to 12 noon

Cost: Free

Venue: Womens Health & Family Services,
227 Newcastle St, Northbridge

Arts and Craft Workshop

Open to all WHFS clients. Aboriginal women are invited to join and learn new skills and cultural knowledge through arts and crafts.

Day and time: Tuesdays, 10am to 12 noon

Cost: Free

Venue: Womens Health & Family Services,
227 Newcastle St, Northbridge

**For appointments and groups
please call 6330 5400.**

Free creche available.

Services at our Joondalup Office

Counselling

- Alcohol and drug counselling (individual and family)
- Mental Health counselling
- Grief and loss counselling
- General counselling
- Connecting to other helpful services

Workshops and activities

- **Heartbeat Club:** A workshop for parents, grandparents and carers. The session looks at first aid for common injuries in children.
- **Deadly Thinking:** This workshop is about social and emotional wellbeing. We look at situations that challenge our wellbeing, especially our mental health. We also look at how we get help for these issues.
- **GOSO:** This is an alcohol and other drug relapse prevention group. Wednesdays 10am to 12noon.
- **Cultural activities**
- **School holiday programs**
- **Social and recreational activities**

Parenting

- Parenting workshops (including Circle of Security)
- Individual and group sessions available

Support, Advocacy and Referral

Our workers can provide practical help for you and your family.

- Helping you talk to government departments about housing, child protection, Centrelink and other issues.
- Connecting you to other community services and programs
- Connecting you to other programs we have at Womens Health & Family Services. These include our:
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