

Womens Health and Family Services



To find out more or to attend a group please contact us on (08) 6330 5400

⌘ Closed Group – Assessment required.

Refer to Group Flyers for more information.

WHFS GROUPS SCHEDULE Term 4 2020 (12 th October – 17 th December 2020)					
LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NORTHBRIDGE BIRAK Room (GR1)	GOSO GROUP (Relapse Prevention) 12 Oct – 14 Dec 10.00 am – 12.00 pm Averil/Kira	COFFEE MORNING & ART GROUP 13 Oct – 15 Dec 10.00 am. – 12.00 pm Averil	⌘ BE WELL ART THERAPY GROUP 21 Oct – 9 Dec 10am – 12pm Danieka & Art Therapist ⌘ ANOREXIA/BULIMIA NERVOSA SUPPORT GROUP 14 Oct – 10 March 2021 5.45pm – 8.15pm Natalie Robartson	AGFS PLAY GROUP 15 Oct – 17 Dec 10.00 am - 12.00 pm Averil/Kira	BE WELL RECOVERY GROUP 23 Oct – 11 Dec 10.00 am – 12.00 pm Richelle & Danieka YOGA & MEDITATION TOOLS 13 Nov – 11 Dec 1 pm - 2.30 pm Tanja
NORTHBRIDGE BUNURU Room (GR2)		⌘ HEARTFUL CONVERSATIONS 20 Oct – 8 Dec 10.00 am – 12.00 pm Sandie & Sara	⌘ CIRCLE OF SECURITY - PNMH 21 Oct – 9 Dec 10am – 12pm El BPD PEER SUPPORT GROUP 4 Nov – 17 Dec 6.00 pm – 7.15 pm Carissa & External Co-facilitator	⌘ CIRCLE OF SECURITY – KIF 22 Oct – 10 Dec 10 am – 12 pm Marye & Vanessa	⌘ ADJUSTING TO BABY & CHANGE 16 Oct – 11 Dec 12.30 am – 2.30 pm El
NORTHBRIDGE DJERAN Room (GR3)	CERTIFICATE II LEADERSHIP 20 July - Dec 9.30 am – 2.30 pm Brooke & Gwen	⌘ CIRCLE OF SECURITY – KIF MENS GROUP 13 Oct – 1 Dec 6 pm – 8 pm Marye & Rita	⌘ BINGE EATING DISORDER SUPPORT GROUP 22 Jul – 9 Dec 5.45 pm – 8.15 pm Rebecca K & Sonia U	CERTIFICATE II LEADERSHIP Jul - Dec 9.30 am – 2.30 pm Brooke & Gwen	CERTIFICATE II LEADERSHIP Jul – 4 Dec 9.30 am – 3.00 pm Brooke & Gwen
ZOOM			SMART RECOVERY (ZOOM) 5.30 pm – 7.00 pm Marye-Anne		
JOONDALUP Education Room Conference Room	BOND WITH YOUR BABY 5 Oct – 26 Oct 10 am – 11.30 pm Tanja	WALKING GROUP 9am – 10.30 TAI CHI Intermediate 10 am – 11.30 am	GOSO GROUP (Relapse Prevention) 21 Oct – 9 Dec 10 am – 12pm Averil & Kira		MESH INJURED WOMEN NORTHERN SUPPORT GROUP 1 st Friday of the Month. 10.30 pm – 12.30 pm Claire

- **Adjusting to Baby and Change ☼**
Parenting support for mums in the community experiencing, or at risk of 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 Group ☼**
This is a closed group that meets weekly during school terms. Working with visual arts in a therapeutic sense is a way to understand feelings, events and aspects of our life.
- **Be Well Recovery Group**
This weekly peer support group is open to all 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 ☼**
20-week groups offer support for women (18+) experiencing eating disorders such as Anorexia Nervosa, Bulimia Nervosa and **Binge Eating Disorder**. It is designed to assist women to make informed decisions about their health and wellbeing, make sustainable changes and provide hope that recovery is possible.
- **Borderline Personality Support Group**
A safe, inclusive and connecting peer support space for people who experience BPD, facilitated by people who have lived experience.
- **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.
- **Circle of Security ☼** (Northbridge) (Women) (Multicultural) & (Men)
This 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.
- **GOSO Relapse Prevention Group (Get Off and Stay Off) (+Joondalup)**
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 a closed 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.
- **Mesh Injured Women Support Group** (Northern Group **Joondalup**) (**Southern Group** via ZOOM phone to register interest) This Group has been convened to provide a safe space for women to share their experiences and strategies for managing anxiety, trauma, persistent pelvic pain and the many challenging impacts on daily life
- **Restore Yoga and Meditation Tools (5weeks \$25)**
Incorporating restful Yin Yoga asanas and learn a variety of meditation techniques. Trybooking Registration <https://www.trybooking.com/BMGGG>
- **SMART Recovery Meeting** - Online (women only) Please join here: [https://zoom.us/meeting/register/tJUtdcCqT4rGN0G2Zc4UOA9WfaWHP8hpRxA](https://zoom.us/join/9123456789) (please share link with clients). This is a peer support goal setting group for any issue including Drug and Alcohol, Eating Disorders, Relationship Issues, Managing Mental Health issues. Please feel welcome to attend anytime – this is an ongoing open group – so participants can come anytime 😊
- **Tai Chi (Joondalup)**
Intermediate 10 – 11.30am.
- **Walking Group (Joondalup)** This free group takes place at various locations across the North Metro area. New Members are welcome. Contact WHFS Joondalup for more information.