

Womens Health and Family Services - WHFS GROUPS SCHEDULE

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



⌘ Closed Group - Assessment Required. ⚙ Open - Assessment Required Refer to Group Flyers for more information

Term 2 2021 (19 th April – 2 nd July 2021) (11 weeks)					
LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHFS NORTHBRIDGE BIRAK Room (GR1)	GOSO GROUP (Relapse Prevention) Apr - 28 Jun 10.00 am - 12.00 pm Averil	COFFEE MORNING & ART GROUP Apr - 29 Jun 10.00 am - 12.00 pm Averil	⌘ BE-WELL ART THERAPY 5 May - 23 Jun 10.00 am - 12.00 pm Danieka Z BINGE EATING DISORDER SUPPORT GROUP Finishes 30 Jun 5.45 pm - 8.15 pm Rebecca & Shannon	AGFS PLAY GROUP Apr - 1 Jul 10.00 am - 12.00 pm Averil	R BE WELL RECOVERY GROUP 7 May - 25 June 10.00 am - 12.00 pm Danieka DANCE FOR WELLBEING 7 May - 2 July 1.00 pm - 2.00 pm Tanja
WHFS NORTHBRIDGE BUNURU Room (GR2)	CERTIFICATE II LEADERSHIP Apr - 14 Jun 9.30 am - 2.30 pm Gwen	⌘ CIRCLE OF SECURITY - CALD / DVAS 4 May - 22 Jun 10.00 am - 12.00 pm Ljiljana & Marye	⌘ CIRCLE OF SECURITY - PNMH 5 May - 23 Jun 10.00am - 12.00 pm Mary Anne	CERTIFICATE II LEADERSHIP Apr - 17 Jun 9.30 am - 2.30 pm Sam ⌘ CIRCLE OF SECURITY (Men Only) 29 Apr - 17 Jun 6 pm - 8 pm CAFS & CASS - Marye & Sandie	
WHFS NORTHBRIDGE DJERAN Room (GR3)				⌘ ADJUSTING TO BABY & CHANGE 6 May - 1 Jul 10.00 am - 12.00 pm Helen & Mary Anne	
WHFS JOONDALUP	DANCE FOR WELLBEING 3 May - 28 Jun 9.30 am - 10.30 am Tanja YOGA NIDRA 3 May - 28 Jun 12.00 pm - 1.00 pm Tanja	WALKING GROUP All Year 9.00 am - 10.30 am TAI CHI Intermediate 6 Apr - 8 Jun 10.30 - 11.30 Beginners: 20 Apr - 8 June 9.00 am - 11.30 am	GOSO GROUP (Relapse Prevention) All Year - Continuous 10.00 am - 12.00pm Averil & Kira	⌘ CIRCLE OF SECURITY (Women Only) 6 May - 24 Jun 9.30 am - 11.30 am CAFS & CASS - Mary Anne & Lipika	MESH INJURED WOMEN SUPPORT GROUP 1 st Friday of the Month 10.30 am - 12.30 pm Claire & Karen
McLarty Wellness Centre JOONDALUP	RECOVERY COLLEGE All Year - School Terms 10.00 am - 12.00 pm SMART RECOVERY GROUP 12.30pm - 2.00 pm Kate & Karen YOGA NIDRA 3 May - 28 Jun 2.30 pm - 3.30 pm		SMART RECOVERY GROUP ON-LINE only - All Year 5.30 pm - 7.00 pm Mary-Anne	ALCOHOL & DRUGS DAY TREATMENT PROGRAM All Year - School Terms 10.00 am - 12.00 pm Kate & Karen THE RECOVERY COLLECTIVE 1 st Thursday each month 12.30 pm - 2 pm	

Summary of Groups – See Flyers for more details

⌘ Closed Group – Assessment Required

- **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**

For Aboriginal families and their young children but all families welcome. Features arts and crafts, sing-alongs, dress ups, fun outings, and speakers.

- **Be Well Recovery Group** ⌘

Weekly peer support for women who identify as living with mental health issues. A relaxed, caring environment to share, socialize, learn new skills and coping strategies.

- **Be Well Art Therapy** ⌘

Art therapy is a way to understand feelings, events, and aspects of our life by working with visual arts in a therapeutic way.

- **BEP - Body Esteem Programs** ⌘

Support for women (18+) experiencing eating disorders: Anorexia Nervosa, Bulimia Nervosa and Binge Eating. Making informed decisions on health and wellbeing. Sustainable changes that recovery is possible (20 weeks).

- **Certificate II Leadership**

In partnership with South Metro TAFE, clients study Certificate II in Leadership to prepare for employment and future studies (3 days a week).

- **Circle of Security** ⌘ (Northbridge **+Joondalup**) (+Multicultural Group)

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**

Aboriginal Grandparents and Family Support Program clients and other WHFS clients welcome to attend for coffee, chat, arts, and craft activities.

- **Dance for Wellbeing**

A dance series created for your physical and mental health. To reduce deeply held emotions. Known for reducing stress, improving concentration, uplifting your mood, and improving overall fitness.

- **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.

- **Mesh Injured Women Support Group** (Northern Group **Joondalup**)

Provide a safe space for women to share their experiences and strategies for managing anxiety, trauma, persistent pelvic pain, and the many challenges on daily life.

- **Yoga Nidra**

Be deeply restored through gentle, guided yoga on a mat. Yoga Nidra aims to connect your conscious mind with your subconscious state. Did you know that 30 mins of Yoga Nidra is the equivalent of 2 hours of deep sleep? Useful to combat stress and anxiety and receive a better night's rest.

- **SMART Recovery Meeting - Online** (Women Only)

Peer Support to assist with goal setting for any issue: Drug and Alcohol, Eating Disorders, Relationship Issues and Managing Mental Health. Ongoing and Open group – Join anytime. **Please join here:**

[https://zoom.us/meeting/register/tJUtdeCqQ4rGNOG2Zc4UOA9WfAWHP8hpRxA](https://zoom.us/join/https://zoom.us/meeting/register/tJUtdeCqQ4rGNOG2Zc4UOA9WfAWHP8hpRxA) (link for clients).

- **Recovery College – Joondalup**

- **AOD Support Group – Joondalup**

- **Tai Chi** (**Joondalup**) Beginners: 9am – 10am

Intermediate: 10.30am – 11.30am

- **Walking Group** (**Indoors Joondalup / Whitfords, Outdoors Joondalup**)

Free - at various locations across North Metro area. New members welcome anytime. Contact WHFS Joondalup office for more information