

# Women's 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 3 2021 (19 July – 24 September 2021) (10 weeks)					
LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WHFS NORTHBRIDGE</b>  <b>BIRAK Room (GR1)</b>	<b>GOSO GROUP (Relapse Prevention)</b> 19 Jul – 20 Sept 10.00 am – 12.00 pm <b>Averil</b>	<b>COFFEE MORNING &amp; ART GROUP</b> All Year – School Terms 10.00 am – 12.00 pm <b>Kylie</b>  Women's Recovery Community All year 6.30 – 8.00pm	⌘ <b>HEARTFUL CONVERSATIONS</b> 21 Jul – 8 Sept 10.00 am – 11.30 am <b>Claire &amp; Neha</b>  ⌘ <b>Anorexia/Bulimia Disorder Group</b> 5.45pm – 8.15pm 28 July – 15 Dec <b>Natalie &amp; Rebecca</b>	<b>AGFS PLAY GROUP</b> All Year – School Terms 10.00 am – 12.00 pm <b>Averil</b>	∞ <b>BE WELL RECOVERY GROUP</b> 30 Jul – 17 Sept 10.00 am – 12.00 pm <b>Danieka &amp; Roberta</b>  <b>RESTORE YOGA</b> 23 Jul – 24 Sept 1.00 pm – 2.00 pm <b>DANCE FOR WELLBEING</b> 20 Aug – 24 Sept 2.30-3.30pm <b>Tanja</b>
<b>WHFS NORTHBRIDGE</b>  <b>BUNURU Room (GR2)</b>	<b>MUMS, BUBS, BOOBS &amp; COFFEE</b> 5 Jul – 20 Dec 10.00 am – 12.00 pm *Consulting/Counselling R3 <b>Jenny</b>  ⌘ <b>ENGAGING ADOLESCENTS</b> 2 Aug – 30 Aug (5 wks) 12.30 pm – 2.30 pm <b>Vanessa &amp; Marye</b>	⌘ <b>CIRCLE OF SECURITY - KIF</b> 27 Jul – 14 Sept 10.00 am – 12.00 pm <b>Marye</b>  <b>WOMENS RECOVERY COMMUNITY</b> 1 <sup>st</sup> Tues of the month 6.30 pm – 8.30 pm <b>Karen &amp; Roberta</b>  <b>THE RECOVERY COLLECTIVE</b> Every 3 <sup>rd</sup> Tues 6.30 pm – 8.30 pm <b>Kate</b>	⌘ <b>CIRCLE OF SECURITY - PNMH</b> 28 Jul – 15 Sept 10.00am – 12.00 pm <b>Mary Anne</b>	⌘ <b>ADJUSTING TO BABY &amp; CHANGE</b> 22 Jul – 16 Sept 10.00 am – 12.00 pm <b>Helen &amp; Mary Anne</b>	<b>MOVING ON</b> 23 Jul – 10 Sept 9.00 am – 1.00pm <b>Carrissa &amp; Fiona</b>
<b>WHFS - ON-LINE (Live stream)</b> Join anytime	<b>COFFEE TALK</b> All Year – On-going 9.30 am – 10.00 am <b>Karen</b>		<b>SMART RECOVERY GROUP</b> All Year – School Terms 5.30 pm – 7.00 pm <b>Karen</b>		
<b>WHFS JOONDALUP</b>		<b>WALKING GROUP</b> 6 Jul – 5 Oct 9.00 am – 10.30 am <b>TAI CHI</b> Beginners 9.00 am – 11.30 am Intermediate 10.30-11.30 am	<b>GOSO GROUP (Relapse Prevention)</b> All Year - Continuous 10.00 am – 12.00pm <b>Averil &amp; Kira</b>	⌘ <b>CIRCLE OF SECURITY (Women Only)</b> 29 Jul – 16 Sept 10.00 am – 12.00pm <b>Marye &amp; Lipika</b>	
<b>McLarty Wellness Centre JOONDALUP</b>	<b>RECOVERY COLLEGE</b> All Year – School Terms 10.00 am – 12.00 pm <b>SMART RECOVERY GROUP</b> 12.30 pm – 2.00 pm <b>Mandy &amp; Karen &amp; Tanja</b> <b>YOGA 8-9am MEDITATION 2.30 - 3.30pm, MASSAGE 12-12.30pm</b>			<b>ALCOHOL &amp; DRUGS DAY TREATMENT PROGRAM</b> All Year – School Terms 10.00 am – 12.00 pm <b>Kate &amp; Karen</b>	

## Summary of Groups – See Flyers for more details

### ⌘ Closed Group – Assessment Required

### ∞ Open - Assessment Required

- **Adjusting to Baby & Change** ⌘  
Parenting support for mums in the community experiencing, or at risk of experiencing, postnatal depression & or anxiety.
- **Alcohol & Drug Treatment Program** **McLarty TAFE Joondalup**  
A service to assist women who are seeking support for drug & alcohol misuse.
- **AGFS Play Group**  
For Aboriginal families & their young children but all families' welcome. Features arts & crafts, sing-alongs, dress ups, fun outings & speakers.
- **Be Well Recovery Group** ∞  
An open group that meets weekly during school terms where women can focus on recovery & life skills for their mental health & well-being whilst connecting with others. A relaxed, caring environment to share, socialize, learn new skills & coping strategies.
- **BEP - Body Esteem Programs** ⌘  
Support for women (18+) experiencing eating disorders: Anorexia Nervosa, Bulimia Nervosa & Binge Eating. Making informed decisions on health & wellbeing. Sustainable changes that recovery is possible (20 weeks).
- **Circle of Security** ⌘ (Northbridge **+Joondalup**) (+Multicultural Group)  
This program helps parents improve their relationship with their child & learn how to understand & manage their child's behaviour.
- **Coffee Morning & Art Group**  
Aboriginal Grandparents & Family Support Program clients and other WHFS clients welcome to attend for coffee, chat, arts, & craft activities.
- **Coffee Talk** Online Live Stream. Please feel welcome to join us online for interesting and inspiring talks on Women's Recovery. Just click on the link <https://www.facebook.com/womensrecoverycommunity/>
- **Dance for Wellbeing**  
A dance series created for your physical & mental health. Known for reducing stress, improving concentration, uplifting your mood, & improving overall fitness.
- **GOSO Relapse Prevention Group (Get Off and Stay Off) (+Joondalup)**  
Alcohol & other drug relapse prevention group for women. The aim is to strengthen motivation to overcome drug & alcohol issues.

- **Heartful Conversations**  
A support group to assist women who have experienced domestic violence.
- **Moving On**  
A career program for women who have had experience of family domestic violence.
- **Recovery College**  
An open educational Community Learning environment that covers a range of topics each week. All welcome.
- **SMART Recovery Group** – Options for Online (Women Only), also at **McLarty TAFE Joondalup (See flyer)** Peer Support to assist with weekly goal setting for any problematic behaviour issue: Drug & Alcohol, Eating Disorders, Relationship Issues & Managing Mental Health. Online/Open School Term Group. **Join anytime here:** <https://zoom.us/meeting/register/tJUtdcCqgT4rGNOG2Zc4UOA9WFaWHP8hpRxA> (link for clients).
- **Recovery College – Joondalup**  
Open Educational Community - Different topics each week.
- **AOD Support Group – Joondalup**
- **Tai Chi (Joondalup)** Beginners: 9am – 10am  
Intermediate: 10.30am – 11.30am
- **Walking Group (Indoors Joondalup / Whitfords, Outdoors Joondalup)** Physical activity & social support. Free - at various locations across North Metro area. New members welcome anytime. Contact WHFS Joondalup office for more information
- **Women's Recovery Community** – Join us for fun events, inspiration, information & support. Just click the link <https://www.facebook.com/womensrecoverycommunity/>
- **Yoga / Meditation / Massage - McLarty TAFE Joondalup:** Restore Yoga 8 - 9am & Massage 1:1 sessions; 12 - 12.30pm, & Meditation Tools 2.30 -3.30pm See Flyer for more information.
- **Mums, Bubs, Boobs, and Coffee**  
Socialise with other mums and get breastfeeding support from our Lactation Consultant.