

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

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.