

## 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**)  
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/>
- **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.
- **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)** 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/>
- **Restore Yoga Northbridge:** See flyer for details
- **Resilience Tools Northbridge:** See flyer for details

# 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

## Term 4 2021 (11 October – 16 December 2021) (10 weeks)

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WHFS NORTHBRIDGE</b>  <b>BIRAK Room (GR1)</b>	<b>GOSO GROUP</b> (Relapse Prevention) All year- Ongoing 10.00am -12.00pm Averil	<b>COFFEE MORNING &amp; ART GROUP</b> All Year – School Terms 10.00 am – 12.00 pm Kylie	<b>Be Well- Art Therapy Group</b> 13 Oct – 1 December Roberta & Emma ‡ Anorexia/Bulimia Disorder Group 5.45pm - 8.15pm 28 July – 15 Dec Natalie & Shannon	<b>AGFS PLAY GROUP</b> All Year – School Terms 10.00 am - 12.00 pm Averil	∞ <b>BE WELL RECOVERY GROUP</b> 15 Oct – 17 Dec 10.00 am – 12.00 pm Emma & Roberta  <b>RESTORE YOGA</b> 15 Oct – 26 Nov 12.45 pm – 1.45 pm <b>RESILIENCE TOOLS</b> 15 Oct – 26 Nov 2.00pm -2.45pm Tanja
<b>WHFS NORTHBRIDGE</b>  <b>BUNURU Room (GR2)</b>		‡ <b>CIRCLE OF SECURITY - KIF</b> 12 Oct – 7 Dec 10.00 am – 12.00 pm Sarah & KIF Team <b>WOMENS RECOVERY COMMUNITY</b> 1 <sup>st</sup> Tues of the month 6.30 pm - 8.30 pm Karen & Roberta	‡ <b>CIRCLE OF SECURITY - PNMH</b> 13 Oct – 8 December 10.00am – 12.00 pm Mary Anne	‡ <b>ADJUSTING TO BABY &amp; CHANGE</b> 14 Oct – 2 Dec 10.00 am – 12.00 pm Helen & Mary Anne  ‡ <b>MEN'S CIRCLE OF SECURITY</b> 13 Oct – 1 Dec 6.00 pm – 8.00pm Marye & Sarah	
<b>WHFS NORTHBRIDGE</b>  <b>DJERAN Room (GR3)</b>			‡ <b>BINGE EATING DISORDER</b> 13 Oct – 9 March 2022 10.00am- 12.30pm Rebecca & Karen		
<b>WHFS - ON-LINE</b> (Live stream) Join anytime	<b>COFFEE TALK</b> All Year – On-going 9.30 am – 10.00 am Karen	<b>SMART RECOVERY GROUP</b> All Year – School Terms 5.30 pm – 7.00 pm Mary-Anne	<b>SMART RECOVERY GROUP</b> All Year – School Terms 5.30 pm – 7.00 pm Mary-Anne		
<b>WHFS JOONDALUP</b>		<b>WALKING GROUP</b> 9.00 am – 10.30 am  <b>TAI CHI</b> 5 Oct – 7 Dec Intermediate 10.30–11.30 am	<b>GOSO GROUP</b> (Relapse Prevention) All Year - Continuous 10.00 am – 12.00pm Averil & Kylie ‡ <b>CIRCLE OF SECURITY – AGFS</b> 13 Oct – 8 Dec 12.30PM – 2.30PM Kylie & Averil		
<b>McLarty Wellness Centre</b> <b>JOONDALUP</b>	<b>RECOVERY COLLEGE</b> All Year – School Terms 10.00 am – 12.00 pm Mandy & Karen <b>SMART RECOVERY GROUP</b> 12.30 pm - 2.00 pm Mandy & Karen			<b>ALCOHOL &amp; DRUGS DAY TREATMENT PROGRAM</b> All Year – School Terms 10.00 am – 12.00 pm Kate & Karen <b>RECOVERY COLLEGE- EDUCATORS SUPPORT</b> 1 <sup>st</sup> Thurs of the month- school term only 12.30pm – 2.00pm Karen	