

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 1 2022 (31 January – 8 April 2022) (10 weeks)					
LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHFS NORTHBRIDGE BIRAK Room (GR1)	GOSO GROUP AGFS 31 Jan – 4 April 10.00am -12.00pm Averil	COFFEE MORNING & ART GROUP AGFS 1 Feb – 5 April 10.00 am – 12.00 pm Averil	☼CIRCLE OF SECURITY- KIF 9 Feb – 30 March 10.00am-12.00pm Marye & Vanessa ☼ ANOREXIA/BULIMIA DISORDER GROUP 5.45pm - 8.15pm 9 Feb- 29 June Rebecca & Natalie	AGFS PLAY GROUP 3 Feb - 7 April 10.00 am - 12.00 pm Averil SOMATIC DANCE 3 Feb – 31 Mar 12.45pm – 1.30pm RESTORE YOGA 1.45pm – 2.45pm Tanja	∞ BE WELL RECOVERY GROUP 4 Feb – 8 April 10.00 am – 12.00 pm Emma
WHFS NORTHBRIDGE BUNURU Room (GR2)	☼MOVING ON 31 Jan – 4 April 9.00am - 1.00pm Donna	☼ Reflect and Connect 8 Feb – 12 April 10.00 am – 12.00 pm Sandie WOMENS EMPOWERMENT NIGHT All Year – School Terms 6.30pm – 7.30pm Karen	☼ MAKING SENSE OF MOTHERHOOD 2 Feb – 6 Apr 10.00am – 12.00 pm Mary Anne & Michelle	☼ ADJUSTING TO BABY & CHANGE 10 Feb – 7 April 10.00 am – 12.00 pm Mary Anne & Michelle ☼ TUNING INTO TEENS 3 March – 7 April 12.30pm – 2.30pm Marye & Vanessa	
WHFS NORTHBRIDGE DJERAN Room (GR3)			☼ BINGE EATING DISORDER 13 Oct 21- 9 March 22 10.00am- 12.30pm Rebecca & Karen		
WHFS - ON-LINE (Live stream) Join anytime		SMART RECOVERY GROUP 11.30am -1.00pm Mary-Anne All Year	SMART RECOVERY GROUP 5.30 pm – 7.00 pm Mary-Anne All Year		
WHFS JOONDALUP		WALKING GROUP All Year 9.00 am – 10.30 am TAI CHI All Year 9.00am – 11.30am	GOSO GROUP (Relapse Prevention) 2 Feb- 6 April 10.00 am – 12.00pm Averil & Kylie ☼ CIRCLE OF SECURITY – AGFS All year in school terms 12.30pm – 2pm Averil & Kylie	∞ AOD GROUP All Year – School Terms 10.00 am – 12.00 pm Vicki & Karen ∞MEN'S RECOVERY GROUP All Year 12.30pm-2pm Karen & Henri	
McLarty Wellness Centre JOONDALUP	∞ RECOVERY COLLEGE All Year – School Terms 10.00 am –12.00 pm Karen ∞ SMART RECOVERY All Year – School Terms 12.30 pm - 2.00 pm Henri & 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)
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.
- **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
- **Somatic Dance Northbridge:** See flyer for details
- **Men's Recovery Group** An open ongoing peer support group for men dealing with Alcohol & other drug &/ or mental health issues. All Welcome
- **Making Sense of Motherhood** a program designed to help women develop confidence in their abilities as a new mother & to feel supported in getting to know their baby
- **Tuning into Teens** A parenting program that focuses on emotional connection between parents/carers & their teens. Teaching skills to recognise their own/their teens emotions
- **Reflect and Connect** A supportive group for women who are currently or have in the past experienced Domestic Violence
- **Moving On-** guides and supports women affected by family and domestic violence to develop pathways to education, training, or employment
- **Women's Empowerment Night** A supportive peer led group for women. Each week group explores topics & activities to encourage & support each other & build on their strengths.