



Be Well Recovery Group Northbridge

An open support group for women experiencing enduring mental health challenges. A space where women can focus on recovery and life skills for their mental health & wellbeing, whilst connecting with others with similar experiences.

Activities include – wellness self-management, mindfulness, movement, self-expression, relaxation, creative art and crafts, discussions, animal visits and health-focused physical, emotional and self-care sessions.

To book intake please contact: bewell@whfs.org.au
Or Emma and Caila on 6330 5400



womens health
& family services

Be Well Recovery
Group

Fridays
During School
Term

10am – 12pm

227 Newcastle St
Northbridge

Free

Women's Health and
Family Services

www.whfs.org.au