



Be Well Recovery Group

Joondalup - Starting May 2nd

A support group for women experiencing enduring mental health challenges. An open group that meets weekly during school terms 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, cooking, movement, self-expression, relaxation, creative art and crafts, discussions, animal visits, and health-focused physical, emotional and self-care sessions.

No appointment necessary, just walk in!

Contact wellness@whfs.org.au or call Karen on [0415 729 877](tel:0415729877)



womens health
& family services

Be Well

Mondays
10:00am-12:00pm

Open Group Ongoing
Admission Free

During School Term

Location:
Lotteries House 70
Davidson Terrace

Joondalup

Women's Health and
Family Services

www.whfs.org.au