



Term 2 Group Calendar

Northbridge Groups					
Day	Class Name	Class Time	Location	Dates	Open or Closed
Monday	Walking Group Walk, Talk and Stretch	8.15 – 9.15am and 2 – 3pm	227 Newcastle St (WHFS)	Ongoing From May 2	Open
	Coffee Talk	9.30 – 10am	Online	Ongoing	Closed
	GOSO	10am-12pm	Birak (Group Room 1)	2 May – 27 Jun	Open
Tuesday	AGFS Art Peer Support Group	10am – 12pm	Birak (Group Room 1)	26 Apr – 28 Jun	Open
	Circle of Security CALD	10am – 12pm	Bunuru (Group Room 2)	3 May – 21 Jun	Closed
	Womens Empowerment Night	6.30 – 7.30pm	Bunuru (Group Room 2)	Ongoing	Open
Wednesday	Wellbeing Wednesdays	10 – 11am	Online	Ongoing	Open
	Be Well Art Therapy	10am – 12pm	Birak (Group Room 1)	27 Apr – 29 Jun	Closed Assessment Required
	Circle of Security PNMH	10am – 12pm	Bunuru (Group Room 2)	4 May – 22 Jun	Closed Assessment Required
	Move for Strength and Wellbeing	1 – 2pm	Birak (Group Room 1)	Ongoing	Open
	Yoga for Wellbeing	2 – 2.30pm and 4 – 4.45pm	Birak (Group Room 1)	Ongoing	Open
	SMART Group	5.30 – 7pm	Online	Ongoing During School Terms	Open
	Anorexia Bulimia Group BEP	5.45 – 8.15pm	Birak (Group Room 1)	9 Feb – 29 Jun	Closed Assessment Required
Thursday	AGFS Playgroup	10am – 12pm	Birak (Group Room 1)	28 Apr – 30 Jun	Open
	Adjusting to Baby and Change	10am – 12pm	Bunuru (Group Room 2)	5 May – 30 Jun	Closed Assessment Required
	Circle of Security Men Only	6 – 8pm	Bunuru (Group Room 2)	5 May – 23 Jun	Closed Assessment Required
Friday	Be Well Mental Health Recovery Group	10am – 12pm	Birak (Group Room 1)	29 Apr – 1 Jun	Open Assessment Required

Joondalup Groups					
Day	Class Name	Class Time	Location	Dates	Open or Closed
Monday	Coffee Talk	9.30 – 10am	Online	Ongoing	Closed
	Be Well	10am – 12pm	Training Room	Ongoing During School Terms	Open
	AoD Group	12.30 – 2pm	Training Room	Ongoing During School Terms	Open
Tuesday	Walking Group	9 – 10.30am	Training Room	Ongoing	Open
	Tai Chi Beginners	9 – 10am	Conference Room	10 May - 21 Jul	Open
	Tai Chi Intermediate	10.30 – 11.30am	Conference Room	26 Apr – 28 Jun	Open Assessment Required
Wednesday	Wellbeing Wednesdays	10 – 11am	Online	Ongoing	Open
	GOSO	10am – 12pm	Training Room	Ongoing	Open
	SMART Group	5.30 – 7pm	Online	Ongoing During School Terms	Open
Thursday	Recovery College	10am – 12pm	Conference Room	Ongoing	Open
	Mental Health Wellbeing	10am – 12pm	Training Room	2 Jun – 30 Jul	Open
	Women's SMART Group	12.30 – 2pm	Training Room	Ongoing	Open
	Men's Recovery Group	12.30 – 2pm	Conference Room	Ongoing	Open
Friday	SMART Group	12.30 - 2pm	Training Room	Ongoing During School Terms	Open