



BeWell Recovery Group

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.

Contact wellness@whfs.org.au
or call Karen on 0415 729 877

Mental health Support Group

Monday
10:00am-12:00pm

Open Group
Admission Free

During School Term

Lotteries House 70
Davidson Terrace

Joondalup

