



womens health
& family services

Term 3 Group Timetable

Northbridge Groups					
Day	Class Name	Class Time	Location	Dates	Open or Closed
Monday	Walk, Talk & Stretch	8.15 - 9.15am	Outside Meet at WHFS	Ongoing	Open
	Moving On	9am - 1pm	Bunuru (Group Room 2)	18 Jul - 19 Sep	Closed
	Coffee Talk	9.30 - 10am	Online	Ongoing	Open
	GOSO	10am-12pm	Birak (Group Room 1)	18 Jul - 19 Sep	Open
Tuesday	AGFS Art Group	10am - 12pm	Birak (Group Room 1)	During School Terms	Open
	Circle of Security Kids In Focus	10am - 12pm	Bunuru (Group Room 2)	26 Jul - 13 Sep	Closed Assessment Required
	Shark Cage	12.30 - 2.30pm	Birak (Group Room 1)	26 Jul - 13 Sep	Closed Assessment Required
	Womens Empowerment Night	6.30 - 7.30pm	Bunuru (Group Room 2)	During School Terms	Open
Wednesday	Wellbeing Wednesdays	10 - 11am	Online	Ongoing	Open
	Adjusting to Baby and Change	10am - 12pm	Bunuru (Group Room 2)	20 Jul - 14 Sep	Closed Assessment Required
	Tuning Into Teens	10am - 12pm	Birak (Group Room 1)	3 Aug - 2 Sep	Closed Assessment Required
	Walk, Talk & Stretch	12 - 1pm	Outside Meet at WHFS	Ongoing	Open
	SMART Recovery Group	5.30 - 7pm	Online	During School Terms	Open
	Binge Eating Disorder Group	5.45 - 8.15pm	Birak (Group Room 1)	27 Jul - 14 Dec	Closed Assessment Required
Thursday	AGFS Playgroup	10am - 12pm	Birak (Group Room 1)	During School Terms	Open
	Circle of Security Perinatal Mental Health	10am - 12pm	Bunuru (Group Room 2)	28 Jul - 15 Sep	Closed Assessment Required
Friday	Walk, Talk & Stretch	9 - 10am	Outside Meet at WHFS	Ongoing	Open
	Be Well	10am - 12pm	Birak (Group Room 1)	29 Jul - 16 Sep	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	During School Terms	Open
	AoD Group	12.30 - 2pm	Training Room	During School Terms	Open
Tuesday	Walking Group	9 - 10.30am	Training Room	Ongoing	Open
	Tai Chi Beginners	9 - 10am	Conference Room	Ongoing	Open
	Tai Chi Intermediate	10.30 - 11.30am	Conference Room	Ongoing	Open Assessment Required
Wednesday	Wellbeing Wednesdays	10 - 11am	Online	Ongoing	Open
	GOSO	10am - 12pm	Training Room	Ongoing	Open
Thursday	Recovery College	10am - 12pm	Conference Room	Ongoing	Open Assessment Required
	Women's SMART Group	12.30 - 2pm	Training Room	Ongoing	Open
	Men's Recovery Group	12.30 - 2pm	Conference Room	Ongoing	Open