



## Aboriginal Women's Group Facilitated by Aboriginal Women for Aboriginal Women

### Northbridge

227 Newcastle Street, Northbridge

### Joondalup

Lotteries House, Suite 6, 70 Davidson Terrace, Joondalup

Aboriginal Women's Group is an open group for all Aboriginal and Torres Strait Islander women to explore any issue related to mental health and/or drug and alcohol use. Are you seeking change? Come in to **connect** with others, build **resilience** and learn **strategies** to move forward in a fun, safe and creative setting.

We will look at ways to help;

- Overcome or reduce alcohol or drug use
- Manage difficult emotions
- Develop tools to assist in recovery
- Manage triggers
- Set personal goals
- Share and connect with others

For more info email: [aws@whfs.org.au](mailto:aws@whfs.org.au)



womens health  
& family services

## Aboriginal Women's Service

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Monday:  
Northbridge  
commencing  
24/10/22

Wednesday:  
Joondalup  
commencing  
26/10/22

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10am- 12pm

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Free

## Womens Health and Family Services

[www.whfs.org.au](http://www.whfs.org.au)

08 6330 5400