



'Be Well' 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, movement, self-expression, relaxation, creative art and crafts, discussions, animal visits, and health-focused physical, emotional and self-care sessions.

To book intake please contact:
bewell@whfs.org.au
or Emma and Caila on 6330 5400



Be Well Recovery Group

Fridays
10:00pm to 12pm

Open Group Ongoing
Admission Free

During School Term

Location:
227 Newcastle Street,
Northbridge, 6003.

Womens Health &
Family Services

www.whfs.org.au