



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

Mental health Support Group

**Monday
10:00am-12:00pm**

**Open Group
Admission Free**

During School Term

**Lotteries House 70
Davidson Terrace**

Joondalup

