

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)	5 Sept - 24 Oct	Closed
	Coffee Talk	9.30 - 10am	Online	Ongoing	Open
	Aboriginal Women's Group	10am-12pm	Birak (Group Room 1)	24 Oct - 12 Dec	Open
Tuesday	Coffee Morning Art	10am - 12pm	Birak (Group Room 1)	24 Oct - 12 Dec	Open
	Circle of Security Perinatal Mental Health	10am - 12pm	Bunuru (Group Room 2)	11 Oct - 19 Dec	Closed Assessment Required
	Recovery College WARCA	6 - 7.30pm	Bunuru (Group Room 2)	During School Terms	Open
	Recovery Group	6.30 - 7.30pm	Djeran (Group Room 3)	During School Terms	Open
	ATS Group Connect Groups WA	6.30 - 7.30pm	Bunuru (Group Room 2)	During School Terms	Open
Wednesday	Be Well Art Therapy	10am - 12pm	Birak (Group Room 1)	12 Oct - 7 Dec	Closed Assessment Required
	Circle of Security Kids In Focus	10am - 12pm	Bunuru (Group Room 2)	12 Oct - 30 Nov	Closed Assessment Required
	Walk, Talk & Stretch	5 - 6pm	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	Sing & Grow	10.30 - 12pm	Birak (Group Room 1)	20 Oct - 8 Dec	Open
	Adjusting To Baby and Change Perinatal Mental Health	10am - 12pm	Bunuru (Group Room 2)	13 Oct - 1 Dec	Closed Assessment Required
	Circle of Security Men's Group	6 - 8pm	Bunuru (Group Room 2)	13 Oct - 1 Dec	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
	Healthy Women	10.30 - 12pm	Bunuru (Group Room 2)	24 Oct - 12 Dec	Open
	AOD Treatment Group	12.30 - 2pm	Birak (Group Room 1)	School Terms	Open

Joondalup Groups					
Day	Class Name	Class Time	Location	Dates	Open or Closed
Monday	Coffee Talk	9.30 - 10am	Online	Ongoing	Open
	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
	Healthy Women	10.30 - 12pm	Training Room	24 Oct - 12 Dec	Open
	Tai Chi Beginners	9 - 10am	Conference Room	Ongoing	Open
	Tai Chi Intermediate	10.30 - 11.30am	Conference Room	Ongoing	Open Assessment Required
Wednesday	Aboriginal Women's Group	10am - 12pm	Training Room	24 Oct - 12 Dec	Open
Thursday	Recovery College WARCA	10am - 12pm	Conference Room	Ongoing	Open
	Women's SMART Group	12.30 - 2pm	Training Room	Ongoing	Open
	Coffee Morning Art	10 - 12pm	Training Room	24 Oct - 12 Dec	Open
	Men's Recovery Group	12.30 - 2pm	Conference Room	Ongoing	Open
Friday					