

Alcohol and Other Drug Services

We support women experiencing challenges related to alcohol and drug use, by creating a safe place to explore behaviours and habits, in order to move forward and flourish. We believe in meeting you where you are; everyone is welcome, at any stage in your journey.

ALCOHOL AND DRUG GROUP

Mixed gender group
Monday 12.30 - 2pm | Joondalup

A psychoeducation, information, group support and opportunities for discussion with the aim of developing skills and a better understanding of how to cease or reduce the harm associated with alcohol and/or other drug use. This group is open and ongoing; all are welcome.

COUNSELLING SESSIONS

Joondalup and Northbridge
Face-to-face or over the phone

Our team of qualified counsellors can work 1:1 with you to discuss alcohol and other drug related concerns, offer therapeutic support, and uplift you to create a bright future. You can attend counselling by yourself, with family, or your partner.

Contact our Intake team: (08) 6330 5400

SMART RECOVERY

Women only group
Thursday 12.30 - 2pm | Joondalup

SMART (Self-Management and Recovery Training) is for anyone wanting to work a change in behaviour; this could be alcohol, drugs, gambling, relationships, food and much more. The groups are run by trained SMART facilitators.



luma.org.au

Northbridge: 227 Newcastle Street
Joondalup: Suit 6, 70 Davidson Terrace,

wellness@luma.org.au
Call Karen: 0415 729 877

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RECOVERY COLLEGE

Explore courses and schedule:
www.warecoverycollege.org.au/courses

A diverse and free selection of courses to provide you with knowledge and tools to find meaning, confidence and joy from daily life. We welcome each individual's valuable perspective, and provide the opportunity to join a community of people with shared values.

BEWELL MENTAL HEALTH SUPPORT

Women Only
Monday 10am - 12pm Joondalup
Friday 10am - 12pm Northbridge

A support group for women experiencing enduring mental health challenges. Where women explore self-improvement, lifestyle changes, discussion of mental health experiences and more. The group is open, informal and includes wellness activities such as: mindfulness, cooking, movement, self-expression, art and crafts, animal visits and more.

MEN'S RECOVERY GROUP

Thursday 12:30pm - 2pm
Joondalup

A peer-support group for men experiencing mental health, alcohol and drug or other issues, run in partnership with Men's Recovery Community. This is a non-judgemental and supportive group, offering the space to be heard and understood by those with similar experiences and success in their recovery journeys.
Call Henri 0420 543 038



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