

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, cooking, movement, self-expression, relaxation, creative art and crafts, discussions, animal visits, and health-focused physical, emotional and selfcare sessions.



Be Well Recovery

Fridays 10am—12pm

Assessment Required

Ring Emma 0416 159 206

luma.org.au

227 Newcastle Street,
Northbridge WA

Telephone: 6330 5400

Email: info@luma.org.au