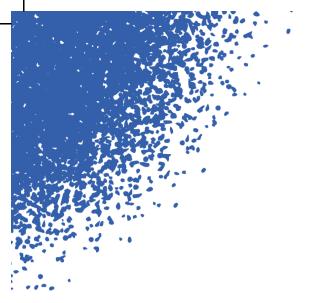
JOONDALUP TIMETABLE APRIL - JUNE 2024

Scan the QR code to find out more:





Ī	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TERRACE			Holistic Wellbeing Group Weekly / Ongoing Closed Group - inquire via Intake 9.30am — 11.30am Maxine	Alcohol & Other Drug Program: Men's Recovery Group Weekly / Ongoing 12.30pm — 2:00pm Kelson and Men's Recovery Community Alcohol & Other Drug Program: Women's SMART group Weekly / Ongoing 12:30pm — 2:00pm Thais and Vicki Aboriginal Women's Service: Yorga's Own Time	
				10am - 12pm 18 April — 27 June Cindy and Sharon	
LOCATION	Alcohol & Other Drug Program: Coffee Talk Online Session Weekly / Ongoing during School Term 9am-9:30am Karen Alcohol & Other Drug Program: Womens' Recovery AOD group 15 April - 24 June 10am - 12pm Spiers Centre Heathridge Karen Be Well: Shark Cage Group (Closed -Full) 15 April — 10 June 12.30pm - 2.30pm Spiers Centre Heathridge Emma	Aboriginal Women's Service: Yorga's Own Time 10am — 1pm 16 April - 25 June Wadjak Northside Community Centre, Balga Sharon		Be Well: Be Well Corrections Group 18 April — 13 June 10am — 11.30am Mirrabooka ACC 4 Milldale Way, Mirrabooka Emma	



Alcohol & Other Drugs Program: Womens Recovery Group

An open, supportive group for women experiencing issues associated with addiction and/or mental health.

Enquires:
Call Karem on
0415 729 877 or email
wellness@luma.org.au

Facilitator: Karen

Alcohol & Other Drugs Program: Coffee Talk: Online Session

A 30-minute Facebook live information and support session with an Alcohol land other drug counsellor and trauma & addiction sociologist discussing recovery and mental health.

How to Join:
Request permission to join the Facebook group:
Women's Recovery
Community

Enquiries: wellness@luma.org.au

Aboriginal Women's Service: Yorga's Own Time

A group for Aboriginal and Torres Strait Islander women to explore health and wellbeing. Come for a cuppa, yarn and education.

How to Join:

Free - please enquire for more information

Enquires: aws@luma.org.au

Be Well Women's Mental Health Group

A supportive group for women experiencing mental health challenges. Includes activities such as: mindfulness, cooking, movement, self-expression, art and crafts.

How to Join: Free & open to all

Enquires: bewell@luma.org.au

> <u>Facilitator:</u> Emma

Holistic Wellbeing Group

Group discussions on women's wellbeing & opportunity to share experiences in a supportive environment. Followed by an optional group walk.

How to Join: Free. Closed group. Intake assessment required.

Enquires: intake@luma.org.au

Facilitator: Maxine

Alcohol & Other Drugs Program: Womens Recovery Group

Provides peer support for men experiencing mental health, alcohol and drug or other issues. Run in partnership with Men's Recovery Community.

> Enquires: Call Kelson on 0420 543 038

> > Facilitator: Kelson

SMART Group

For people who want to work through any behaviour change and is based on the principles of Self-Management and Recovery Training (SMART) with trained facillitors.

How to Join: Free & open to all

Enquires: wellness@luma.org.au

<u>Facilitator:</u> Karen & Sandie

