

JOONDALUP TIMETABLE

APRIL - JUNE 2024

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LUMA FOR HER HEALTH
AND WELLBEING

70 DAVIDSON
TERRACE

EXTERNAL
LOCATION

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

**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 and 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

Facilitator:
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 facilitators.

How to Join:

Free & open to all

Enquires:
wellness@luma.org.au

Facilitator:
Karen & Sandie



(08) 6330 5400