

J O O N D A L U P T I M E T A B L E

J A N U A R Y - M A R C H 2 0 2 4

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LUMA FOR HER HEALTH
AND WELLBEING

EXTERNAL LOCATION 70 DAVIDSON TERRACE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alcohol & Other Drug Support Group (Mixed Gender) Weekly / Ongoing 12:30pm — 2:00pm		Holistic Wellbeing Group Weekly / Ongoing 9.30am — 11.30am	Men's Recovery Group Weekly / Ongoing 12.30pm — 2:00pm Women's SMART group Weekly / Ongoing 12:30pm — 2:00pm	Body Esteem Program: Parent/Partner Education and Support Program 23 March (Saturday) 9.30am - 4.00pm
Coffee Talk: Online Session 9:30am — 10:00am Be Well: Women's Mental Health Support Group 9 February - 29 March 10am — 12pm Spiers Centre, Heathridge	Aboriginal Women's Service: Yorga's Own Time 10am — 1pm 6 February - 27 March Wadjak Northside Community Centre, Balga	Aboriginal Women's Service: Yorga's Own Time 10am - 1pm 7 February - 28 March Wandjoo Centre, Pat Giles Merriwa		

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

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

Alcohol & Other Drug Support Group (Mixed Gender)

This group provides information, support and discussion to better understand how to cease or reduce the harm associated with alcohol and/or other drug use.

How to Join:

Free & open to all

Enquiries:

wellness@whfs.org.au

Facilitator:

Kelson & Esmerelda

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

Enquiries:

bewell@luma.org.au

Facilitator:

Emma

Body Esteem Program

BEP is the only community-based, peer-supported eating disorder service in WA. There are several programs available for people experiencing eating disorders, as well as supports for their family members. Groups are from 16+ and for people of any gender.

Visit 'Eating Disorders' on our website for more information.

Enquires:

bep@luma.org.au

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

Men's 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 Henri on
0420 543 038

Facilitator:

Kelson & Henri

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