

Joondalup Timetable

OCTOBER - DECEMBER 2024



70 DAVIDSON
TERRACE

EXTERNAL
LOCATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
70 DAVIDSON TERRACE	<p>Recovery College Courses 9:30am—12:00 pm</p> <p>Womens Recovery Group 7th October - 9th December 12:30pm—2:30pm Karen T</p>		<p>Holistic Wellbeing Group Weekly / Ongoing Closed Group: enquire to find out more 9.30am—11.30am Maxine</p>	<p>Aboriginal Women’s Service: Yorga’s Own Time 7th October - 12th December 10am—12:30pm Cindy & Sharon</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: Joondalup SMART group Weekly / Ongoing 12:30pm—2:00pm Thais & Sarah P</p> <p>Recovery College Course (Exercise & Wellbeing) 10:00am- 12:00 pm Thurs 21 November https://www.warecoverycollege.org.au/</p>	<p>Recovery College Courses 10:00am- 1:00 pm</p> <p>Body Esteem Program: Parent/Partner Education & Support Program (PESP) Saturday 30th November 9:30am—4pm BEP Team</p>
EXTERNAL LOCATION	<p>Alcohol & Other Drug Program: Coffee Talk Online Session Weekly / Ongoing 9am—9:30am Karen T</p> <p>Alcohol & Other Drug Program: Mums and Bubs Recovery Group 7th October - 9th December 10am—12pm Spiers Centre Heathridge Thais & Es</p>			<p>Be Well Corrections Group 10th of October — 28th of November 10am-11.30am Closed Jayne and Vicky Mirrabooka Corrections</p>	

**CLICK ON THE
GROUP NAME OR
LOCATION TO
VIEW OUR FLYER**

**Alcohol & Other Drugs
Program: Womens
Recovery Group**

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

Enquires:
Karen T - 0415 729 877
wellness@luma.org.au

**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.

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.

**Recovery College
Courses**

Luma has partnered with the West Australian Recovery College to offer support and connection through weekly programs.

Our educators combine the expertise of lived and professional experience.

**Holistic Wellbeing
Group**

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

**Alcohol & Other Drugs
Program: Mens SMART
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

**Alcohol & Other Drugs
Program: Mums and
Bubs Recovery Group**

The Mums and Bubs group aims to help develop skills and a better understanding of how to cease or reduce the harm associated with alcohol and/or other drug use.

(Bubs =
6 weeks - 4 years old)



6330 5400



support@luma.org.au



luma.org.au



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