

# NEW GROUP

## Mums and Bubs Support Group

The Mums and Bubs group offers psychoeducation, information, group support and opportunities for discussion with the aim of developing skills to support growth and recovery from addiction and/or mental health challenges.

The weekly topics explore wellness, self-management, goal setting, mindfulness, selfcare, physical and emotional wellbeing, and all things motherhood. Every group includes a creative arts and crafts activity.

Counselling and phone support is also available for all those seeking support on the recovery journey.

This group aims to provide non-judgemental support for all those that want to make a change in their life.

1:1 Drug and alcohol counselling and phone support is also available.



Mondays 10am-12pm

**Starting Monday  
February 3<sup>rd</sup> 2025**

The Spiers Centre,  
Heathridge  
2 Albatross Rd  
Heathridge

Free Creche' **6 weeks to  
Age 4**-Registration  
required

Minimum of 10  
participants required

[wellness@luma.org.au](mailto:wellness@luma.org.au)

Call Karen:  
0415 729 877



**LUMA** FOR HER HEALTH  
AND WELLBEING

# Group Schedule

Mother Baby Group Term 1 2025	
Feb 3rd	What is Motherhood and What is Good Enough?
Feb 10th	Dealing with difficult emotions and emotional regulation
Feb 17th	Mindfulness in Action-Mother Baby massage
Feb 24th	Mental Health, Mothering and Addiction
March 3rd	Public Holiday No Group
March 10th	What is attachment and why is it important
March 17th	Meditation- What is it and how can I make time for it?
March 24 <sup>th</sup>	Guilt and Shame in Motherhood