

NORTHBRIDGE TIMETABLE

APRIL - JUNE 2024

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LUMA FOR HER HEALTH AND WELLBEING

227 NEWCASTLE STREET

EXTERNAL LOCATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Holistic Wellbeing Group Every week/ Ongoing Closed group - inquire via intake 9:30am-11:00am Maxine</p> <p>Body Esteem Program: Youth Program 22 April - 17 June 5pm — 7pm Tash & TBC</p> <p>Body Esteem Program: Youth Carers Program 5-7pm 15 April, 6 May, 20 May, 17 June Rose & Rebecca</p>	<p>Perinatal Mental Health Adjusting to Baby and Change (ABC) 30 April -20 June 10am—12pm Martha & Mary Anne</p> <p>Alcohol & Other Drug (AOD) Program: Peer Support Groups: Peer Led Every Week / Ongoing 5:30pm—8pm Kate</p>	<p>Alcohol & Other Drug (AOD) Program NB Smart Peer Support Every Week / Ongoing 10am—12pm Sandie H</p> <p>Kids in Focus: Circle of Security - Parenting 17 April - 5 June 10am—12pm Marye & Sarah</p> <p>Body Esteem Program: Binge Eating Disorder Group 20-Week group 14 February — 26 June 5:45pm—8:15pm Rebecca & Madison</p>	<p>Family & Domestic Violence Program: Her Shield: Knowledge is Power FDV Support Group 2 May — 27 June 10am — 12pm Livia and Sandy</p>	<p>Be Well program: Women's Mental Health Support Group 19 April—14 June 10am—12pm Emma</p>
	<p>Aboriginal Women's Service: Yorga's Own Time 10am—1pm 15 April — 24 June Midland Women's Health Care Place</p> <p>Body Esteem Program: Monthly Online Group 2nd Monday of every month (commencing June 10th) 5:30pm—6:30pm</p> <p>Smart Peer Support Partnership Cyrenian House - 318 Fitzgerald St Every Week / Ongoing 1:30pm — 3:00pm Sonia</p>	<p>Aboriginal Women's Service: Yorga's Own Time 10am — 1pm 16 April - 25 June Rivervale Community Centre, Belmont</p>	<p>Aboriginal Women's Service: Elder's Group 10am—12:30pm 17 April - 26 June Rivervale Community Centre, Belmont Sharon</p>	<p>Perinatal Mental Health: Play Now, Discover Always Supported Playgroup 2 May — 20 June 10am — 12pm Perron Place, Victoria Park Michelle & Mary Anne</p>	<p>Body Esteem Program: Monthly Online Group 3rd of May 10am—11am</p>

Aboriginal Women's Service: Elder's Group

A group for Aboriginal and Torres Strait Islander elders.

How to Join:
Free - please enquire for more information

Enquires:
aws@luma.org.au

Facilitator:
Kylie

Aboriginal Women's Service: Yorga's Own Time

Operating from several community centres across the metro area, this is a group for Aboriginal and Torres Strait Islander women to explore health and wellbeing. Come for a cuppa, yarn and education.

Enquires:
aws@luma.org.au

Facilitator:
Kylie or Sharon

Perinatal Mental Health Program: Adjusting to Baby & Change

A 9-week cognitive behavioural therapy and mindfulness program for new mothers, empowering them to reduce mental health issues.

How to Join:
Assessment appointment is required before registering

Enquiries:
intake@luma.org.au

Facilitator:
Martha & Michelle

Alcohol & Other Drug (AOD) Peer Support Groups

A variety of peer support groups for women are run onsite including AOD support group, Womens Recovery Community and Recovery College.

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

Facilitator:
Karen

Be Well 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

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

Circle of Security - Parenting Kids In Focus

An 8-week course for children to identify and explore their emotions. Groups available for both women and men.

How to Join:
Closed groups: assessment appointment is required before registering

Enquires:
intake@luma.org.au

Facilitators:
Marye/Vanessa/Sarah

Perinatal Mental Health Play Now, Discover Always group

An 8-week therapeutic and psycho educational group program using the Circle of Security Parenting attachment-based parenting program.

How to Join:
Free. Assessment and registration required prior to attending.

Enquires:
pnda@luma.org.au

Facilitator:
Mary Anne & Michelle

Family & Domestic Violence support group: Her Shield

A 9-week Support Group discussing practical supports around Family & Domestic Violence.

How to Join:
Free. Assessment and registration required prior to attending.

Enquires:
FDV@luma.org.au
93281200

Facilitators:
Livia and Sandy

SMART Recovery Groups

Self-management and Recovery Training (SMART) groups provide a supportive environment to explore personal issues, set goals and learn strategies for positive life change.

How to Join:
Free & open to all

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

Facilitator:
Karen

