

NORTHBRIDGE TIMETABLE

JANUARY - MARCH 2024

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LUMA FOR HER HEALTH
AND WELLBEING

227 NEWCASTLE STREET

EXTERNAL
LOCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Body Esteem Program: Carer Coffee Morning Last Monday of the month 9:30am—11am	Perinatal Mental Health Adjusting to Baby and Change (ABC) 6 Feb—26 March 10am—12pm Alcohol & Other Drug (AOD) Peer Support Groups: Peer Led Every Week / Ongoing 5:30pm—8pm	Northbridge Smart Peer Support Every Week / Ongoing 10am—12pm Kids in Focus: Circle of Security - Parenting 7 February—27 March 10:00am—12:00pm Body Esteem Program: Anorexia & Bulimia Nervosa 20-Week group 3 January—6 March 5:45pm—8:15pm	Perinatal Mental Health: Circle of Security - Parenting 8 February—28 March 10am—12pm Multicultural Kids in Focus: Playful Connections February 8th—March 28th 10am—12pm Kids in Focus: Men's Circle of Security - Parenting 8 February—28 March 6pm—8pm	Be Well: Women's Mental Health Support Group 9 February—29 March 10am—12pm
Aboriginal Women's Service: Yorga's Own Time 10am—1pm 5 February—26 March Midland Women's Health Care Place	Aboriginal Women's Service: Yorga's Own Time 10am — 1pm 6 February—27 March Rivervale Community Centre, Belmont	Aboriginal Women's Service: Elder's Group 10am—2pm Rivervale Community Centre, Belmont Body Esteem Program: Monthly Online Group Bi-monthly (even months) 3:30pm—4:30pm		Body Esteem Program: Monthly Online Group Bi-monthly (odd months) 10am—11am

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

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

Enquires:
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

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

Facilitator:
Marye/Vanessa/Sarah

Circle of Security - Parenting Perinatal Mental Health

An 8-week course for mothers with young children to identify their child's emotions.

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

Enquires:
pnda@luma.org.au

Facilitator:
Mary Anne/Martha/Michelle

Playful Connections: Multicultural Kids in Focus

A safe space where caregivers can connect and learn about managing children's emotions, building healthy relationships, boundaries, self-care, identity, and the importance of play.

How to Join:
Free & open with brief intake process

Enquires:
FDV@luma.org.au
93281200

Facilitator:
Jas and Amelia

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



(08) 6330 5400