

# Northbridge Timetable

## OCTOBER - DECEMBER 2024



227 NEWCASTLE STREET

EXTERNAL LOCATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Holistic Wellbeing Group</b> Every week/ Ongoing Closed group - inquire via intake 9:30am—11:30am Maxine</p> <p><b>Self-Defense Group</b> Every Week / Ongoing 11.30am - 1pm Fiona</p> <p><b>Body Esteem Program: Youth Program</b> 14th October - 9th December 5pm—7pm Tash &amp; Melany</p> <p><b>Body Esteem Program: Youth Carers Program</b> 5pm—7pm 14th October - 2nd December Rose &amp; Rebecca</p> <p><b>Body Esteem Program: Monthly Online Group</b> 2nd Monday of every month 5:30pm-6:30pm</p>	<p><b>Perinatal Mental Health: Circle of Security Parenting</b> 15th October - 3rd December 10am—12pm Martha &amp; Mary-Anne</p>	<p><b>Kids in Focus: Circle of Security - Parenting</b> 16th October - 4th December 10am—12pm Marye &amp; Sarah</p> <p><b>Alcohol &amp; Other Drug (AOD) Program: SMART Recovery Northbridge</b> Every Week / Ongoing 10am—12pm Sandie H &amp; Sandra N</p> <p><b>Body Esteem Program: Binge Eating Disorder Group</b> 20-week group 16th October - 12th March 5:45pm—8:15pm Rebecca &amp; Evie</p> <p><b>Body Esteem Program: Carers Coffee Meeting Group (Online/In person)</b> Last Wednesday of every month 5:30pm—7pm Rose &amp; Rebecca</p> <p><b>Anorexia/Bulimia Group</b> 20-Week group 2nd October — 4th December 5:45pm—8:15pm Nat &amp; Melany</p>	<p><b>Perinatal Mental Health: Adjusting to Baby, Children and Change</b> 17th October - 5th December 10am—12pm Mary Anne &amp; Marye</p> <p><b>Kids In Focus: Circle of Security - Parenting for Men</b> 18th October - 5th December 6pm-8pm Marye &amp; Sarah</p>	<p><b>Be Well program: Women's Mental Health Support Group</b> 11th October - 6th December 10am—12pm Emma &amp; Sue</p>
	<p><b>Aboriginal Women's Service: Yorga's Own Time</b> 9th October - 11th December- 10am—1pm Midland Women's Health Care Place Cindy &amp; Sharon</p> <p><b>Smart Recovery - Mixed Gender Cyrenian House - 318 Fitzgerald St</b> Every Week / Ongoing 1:30pm—3:00pm Shannon</p>	<p><b>Aboriginal Women's Service: Yorga's Own Time</b> 9th October - 11th December 10am—1pm Rivervale Community Centre, Belmont Cindy</p>			

### **SMART Recovery Group**

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

### **Aboriginal Women's Service: Yorga's Own Time**

[Belmont Flyer](#)  
[Midland Flyer](#)

Operating from several community centers 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.

# CLICK ON THE GROUP NAME OR LOCATION TO VIEW OUR FLYER.

### **Smart Recovery Group- Mixed Gender**

Self-management and recovery training for people who want to work through behavioral change.

SMART recovery is a free group to help anyone with any issues they be experiencing regarding addiction.

### **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.

### **Perinatal Mental Health: Adjusting to Baby, Children and Change**

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

### **Holistic Wellbeing Group**

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

### **Kids in Focus: Circle of Security - Parenting**

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

[Group for Men](#)

[Group for Women](#)

### **Perinatal Mental Health: Circle of Security Parenting**

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

### **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.



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