



Recovery College Courses

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

WARCA educators are relatable and authentically passionate about what they do, with all course teachings centred around life experience. These are voices not usually heard in learning institutions.

Combining the expertise of lived and professional experience, our educators always talk with students and never at them. We strongly believe that knowledge can, and should, come from everyone.

Find out more through the QR code:



Mondays
10:00am-12:00pm

Starting Monday July
15th, 2024

Lotteries House
70 Davidson Terrace
Joondalup

Call Karen to enquire:

0415 729 877



LUMA FOR HER HEALTH
AND WELLBEING

Schedule

July-September, 2024	
July 15th	The Artists Pallet Exploring Emotions Through Colour
July 22nd	Crafting Sensory Pieces
July 29th	No course scheduled
August 5th	Making Scents: Exploring Essential Oils
August 12th	No course scheduled
August 19th	Body Based Exercises for Recovery
August 26th	Managing Emotions to Thrive
Sept 2nd	Affirmations for Wellbeing and Recovery
Sept 9th	No course scheduled
Sept 16th	Challenging and changing negative self-talk