

Womens Recovery Group

Are you wanting to make changes in your life. Please feel welcome to join us for Womens Recovery group support group for women experiencing issues now or in the past with addiction and/or mental health challenges.

Breaking the cycle of addictive patterns, wellness self-management, mindfulness, creative art and crafts, group support, physical, emotional care sessions. 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.



Mondays
12:30- 2:30pm

Term 3, 2024

Start Date
Monday July 15th

Lotteries House
70 Davidson Terrace
Joondalup

wellness@luma.org

Call Karen: 041 572
9877

Schedule

Women's Recovery Group Term 3	
July 15th	Understanding Cycles Exploring the cycle of addiction and recovery
July 22nd	What is Anxiety? Strategies to support recovery
July 29th	Healing with Poetry Tell your story through words
August 5th	Understanding Trauma Practices that support recovery
August 12th	What is Agency? Learning how to embrace empowerment
August 19th	What is attachment and why is it important?
August 26th	Dealing with difficult emotions Learning skills to self-regulate
Sept 2nd	Family Dynamics How to navigate relationships
Sept 9th	Mindfulness in Action Practices to bring you into the present moment
Sept 16th	Exploring Recovery- How Art and Nature can support well being

All donations to this program are gratefully received and will enable others to receive AOD support.