



LUMA
FOR HER HEALTH AND WELLBEING

227 Newcastle Street,
Northbridge WA

Suite 6, Joondalup Lotteries House,
70 Davidson Terrace,
Joondalup WA

Telephone: 6330 5400
Email: info@luma.org.au

luma.org.au

SUPPORTING EVERY WOMAN'S POTENTIAL

Luma exists to improve lives. An organisation grown from the belief that women deserve to be recognised for who they are, valued for what they bring to the communities they are part of, and supported in ways that allow them to grow and thrive. A philosophy that shapes our services, inspires our staff, and drives our commitment to making sure every woman leaves feeling empowered, not just resolved. Our success is her feeling whole. Her household feeling supported. Her achieving more than she thought possible. Because by seeing all of her, we help her see what she is truly capable of.

WHAT WE OFFER

Aboriginal Women's Service: A safe space to improve health and wellbeing, practice culture and connect with community.

Alcohol & Other Drug Service: We meet you where you are to explore habits and improve behaviours through groups, counselling and programs.

Career Services: We support mothers with young children and women experiencing family and domestic violence to grow their skills and enter the workforce.

Children & Family: Empowering families through perinatal support for new and/or expecting mothers, parenting programs, family therapy and therapy for children.

Community Workshops: Wellbeing presentations held at your location, delivered and tailored to you by our experts in health promotion.

Counselling: Individual sessions with qualified and experienced female counsellors, for women, children and families.

Dietitian Service: Improve lifestyle and treat health conditions with our experienced dietitian.

Eating Disorders: A community-based suite of programs to empower people of all genders to improve their body image.

Family & Domestic Violence Support: A welcoming place for women to have their voice heard, and access therapeutic and practical support.

Medical Clinic: A comprehensive, female team of general practitioners and nurses, focused on treating the whole woman.



AN INDEPENDENT, NOT-
FOR-PROFIT ORGANISATION
OFFERING FREE AND LOW-
COST HEALTHCARE TO WOMEN
IN WESTERN AUSTRALIA.

WHAT WE BELIEVE IN

Seeing the whole you: A woman needs support and strength when life is tough. This does not mean she is broken. We approach healthcare in a holistic and integrated way, by seeing the whole woman.

Your kind of safe: We tailor our approach to safety and compassion to each individual, making them feel seen, heard and understood, because there is no one way for women.

Helping women help themselves: We provide safe and accessible spaces, which creates an environment where women can improve their health, and create a healthy community.

