

Specialised Counselling

We also offer 1:1 counselling in a relaxed and nurturing environment.

*Waitlists may apply

We offer counselling in:

- Perinatal/Antenatal Mental Health
- Family & Domestic Violence
- Grief & Loss
- Life Transitions
- Relationship Breakdowns
- Stress, anxiety & depression
- Trauma
- Womens Health matters
- Outreach 1:1 counselling in Ellenbrook on Wednesdays

• Crèche Tuesdays and Wednesdays.
Midland Office only.

\$2 per child. Bookings essential.

Access All Areas Pass - Ask us about the Access All Areas Pass that is provided by the City of Swan. You could get up to \$150 towards an activity.

Family Domestic Violence workshop series: **Just a minute.**

Select Mondays - 10:00am - 11:30am.

Healing is a process, not an event. It is a never-ending cycle.

We will be conducting 6 Workshops that aim to address the Myths about children and family domestic violence. A safe space where the child can become present in adult consciousness. Sometimes all it takes is Just A Minute to reconnect and strengthen the relationship.

Mindful Mums & Bubs

Are you a new mum feeling stressed, anxious or just need some time to unwind? This course will enhance your wellbeing, your connection with your baby and help you feel strong in your post-natal body. The group includes yoga, mindfulness, and self-compassion practices.

Registrations are required. Have a 1:1 intake session with the teacher before the course commences on November 7th.

Babies 6 weeks - 7 months welcome. No yoga experience required for mums.
Mondays 10:30am - 11:30am

Please speak to our friendly receptionist for more details.



**Midland
Women's
Health
Care
Place Inc.**

Groups & Activities Timetable

**2022 Term 4
Starts Monday,
10th October, 2022**

24 Junction Parade
Midland, WA 6056
9250 2221

info@mwhcp.org.au
www.mwhcp.org.au

Follow us on Facebook for additional events and groups.

 /mwhcp

Term 4 Programs start Monday 10th October - Friday 23rd December				
Monday	Tuesday	Wednesday	Thursday	Friday
Art Expressions 10.30am - 12.30pm	Circle of Security 9.30am-11.30am 8 week program (Starts 18th October)	Strength to Strength Domestic Violence Support Group 10.00am - 12.00pm (Starts 19th October)	Tai Chi - Intermediate 9.15am-10.15am	Beyond Anxiety 9.30am - 11.30am (Starts 21st October)
Mindful Mother and Baby 10.30am - 11.30am (Starts 7th November)	Babies on the Move 12.30pm - 2.30pm (Starts 18th October)	Empower & Pamper Dance 5.45pm - 6.30pm	Tai Chi - All Levels 10.15am-11.15am	Blue Zone 10.00am - 11.30am
Tai Chi 6.00pm-7.00pm Contact Teresa - 0409 240 859	Creche available Tuesday & Wednesdays - Bookings are essential. \$2 charge per child.	Couples Circle of Security 5.00pm-7.00pm 8 week program (Starts 19th October)	Craft Connections 12.30pm - 2.30pm	Me, Myself & Money 10.00am - 11.30am
			Mother Baby Nurture 12.30pm - 2.30pm (Starts 20th October)	Harmony: Tuning into your baby 12.30pm - 2.00pm (Starts 28th October)

Groups subject to change and require a minimum of 6 to proceed.

All our groups are facilitated by qualified, experienced & professional women.

Art Expressions

Picasso famously wrote, "Every child is an artist. The problem is how to remain an artist once you grow up". Therapy & healing through art with Dimity on Mondays in term time. \$10.00 per class.

Babies on the Move

A group for Mum & babies aged 7-18 months, offering support whilst you watch your baby achieve milestones like reaching for their feet, sitting alone, name recognition, communication and more...

Free Group funded by WA Mental Health Commission.

Beyond Anxiety

Come & learn skills & strategies over this 8-week course to manage anxiety & stress in a supportive, safe & therapeutic group.

Free Group funded by WA Mental Health Commission & WA Department of Health.

Blue Zone

Covid has affected all of us. One huge impact is our families living overseas & interstate which has seen us all increase our screen time to stay connected. Take a screen break, come & connect with other mums, & their children (0-4yrs), make friends & have fun.

Free Group funded by WA Mental Health Commission.

Circle of Security

An 8-week program for all parents focusing on supporting & strengthening parent-child relationships. It is not just the behaviour the child is displaying but techniques to assist you to understand & respond to your children's behaviour that makes this unique parenting program.

Craft Connections

Get in touch with your inner creative as a tool for self-expression building self-confidence. Create something fun & making new friends. Free.

Free Group funded by WA Mental Health Commission.

Empower & Pamper Dance

This is a 5-week class lasting 45 minutes that involves an infusion of belly dancing & yoga. The session combines the energy of belly dancing with the stretching & toning of yoga. A class that is designed to find the goddess within you. Connects mind & body & a great fun way to relax. \$10.00 per session.

Me, Myself & Money

This is a 6 week program aimed at putting you on the path to financial empowerment. Aimed at women who may have experienced financial abuse or control. All welcome. Free and run-in conjunction with Indigo Junction.

Mother, Baby Nurture

This is a 10 week course designed to support you & your infant (0 - 6mths) through the early days of parenting as you get to know & respond to each other. Build relationships with baby & make new friends. Call Playgroup WA on 1800 171 882 to book your place.

Strength to Strength

This 9 week program is to support & guide you as you rebuild & reclaim, grow, connect, & take back your place after experiencing domestic abuse. Enabling you with the tools & confidence to start living your "best Life". Free funded by donations.

Tai Chi

Improve your physical & mental well-being by practicing gentle movements to enhance your flexibility, balance, & agility. Can be conducted from a seated position. All levels of fitness welcome. Several classes a week. \$10.00 per class.

Harmony: Tuning into your baby

Attachment describes the unique relationship between caregiver and baby. Tuning into your baby's cues can help you recognise their individual needs. This 6 week program introduces ways to engage with your baby (0-5 months) through the sense using movement, music, breath and touch.