

Specialised Counselling

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

*Wait-lists may apply.

We offer counselling in:

- Perinatal/Antenatal Mental Health
- Family & Domestic Violence
- Grief & Loss
- Life Transitions
- Relationship Breakdowns
- Stress, anxiety & depression
- Trauma
- Women's Health matters

Outreach 1:1 counselling in Ellenbrook available on Wednesdays.

Crèche available 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.

Please speak to our friendly receptionist for more details.

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. Hosted in 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 sessions with the teacher before the course commences on February 6th.

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



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

Groups & Activity Timetable

**2023 Term 1
Starts Monday,
30th January**

24 Junction Parade
Midland, WA 6056
9250 2221

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

Follow us on Facebook for additional events and groups.



Term 1 Programs start Monday 30th January - Friday 7th April

Monday	Tuesday	Wednesday	Thursday	Friday
Art Expressions 10.00am - 12.00pm	Circle of Security 9.30am - 11.30am 8 week program (Starts 7th February)	Strength to Strength DV Support Group 10.00am - 12.00pm (Starts 8th February)	Tai Chi - Intermediate 9.15am - 10.15am	Beyond Anxiety 9.30am - 11.00am (Starts 10th February)
Mindful Mother and Baby (Yoga) 10.30am - 11.30am (Starts 6th February)	Babies on the Move 12.30pm - 2.30pm (Starts 7th February)	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 Tuesdays & Wednesdays - Bookings are essential	Couples Circle of Security 5.00pm - 7.00pm 8 week program (Starts 8th February)	Craft Connections 12.30pm - 2.30pm	Me, Myself & Money 10.00am - 11.30am
			Mother and Baby Nurture 12.30pm - 2.30pm (Starts 2nd February)	Harmony: Tuning into your baby 12.30pm - 2.00pm (Starts 10th February)

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 per class.**

Babies on the Move

Offering support to mums whilst you watch your baby achieve milestones, including the unsure time of separation anxiety. **Babies 7-18 months.**
Free: Funded by WA Mental Health Commission.

Beyond Anxiety

Come learn skills & strategies to manage your anxiety & stress, in this supportive, safe & therapeutic group. **8-week program.**
Free: Funded by WA Mental Health Commission & WA Department of Health.

Blue Zone

COVID has affected us all. One huge impact is our separation from family, which has seen us all increase our screen time to stay connected. Take a tech break, come & connect with other mums & bubs, make friends and have fun! **Children 0-4 years.**
Free: 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 child's behaviour that makes this a unique parenting program.
Free: Funded by WA Mental Health Commission.

Craft Connections

Get in touch with your inner creative as a tool for self-expression. Have fun & make new friends.
Free: Funded by WA Mental Health Commission.

Empower & Pamper Dance

Combing the energy of belly dancing with the stretching & toning of yoga, this class is designed to find the goddess within you. Connects mind & body, and a fun way to relax. **\$10 per class.**

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.
Free: Run in conjunction with Indigo Junction.

Mother & Baby Nurture

This is a 10-week course designed to support you & your infant (**0-6 months**) 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

Strength to Strength

Enabling you with the tools & confidence to live a more empowered life, this 9-week program supports you as you rebuild, reclaim, grow, connect, & take back your place after experiencing Domestic Abuse.
Free: Funded by 100 Women.

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.
\$10 per class.

Harmony: Tuning into your baby

Attachment describes the unique relationship between caregiver & baby. Tuning into your baby's cues can help you recognise their individual needs. Learn ways to engage with your infant through the senses using movement, music, breath & touch.
Free: Funded by WA Mental Health Commission