

## Specialised Counselling

We 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
- Other issues

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.

Educational Workshop Series:

### Just a minute.

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

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

Sometimes all it takes is Just A Minute to reconnect and strengthen the relationship.

This educational workshop series is designed to reflect on children's experiences within abusive environments, and dispels **6 different myths** about children and FDV that is carried out by society.

### Mindful Mums

A drop-in group for mums with babies 0-12months.

A safe space to share experiences, meet other mums and build new friendships. Come along and meet the MWHCP team.  
Morning Tea provided.

Duration: 5 weeks; Begins May 2nd.

When: Tuesdays 11:00am – 12.30pm

Where: Ethel Warren Bullsbrook

Community Centre

3 Maroubra Ave Bullsbrook



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

# Groups & Activity Timetable

**2023 Term 2  
Starts Monday,  
24th April**

24 Junction Parade  
Midland, WA 6056  
9250 2221

[info@mwhcp.org.au](mailto:info@mwhcp.org.au)

[www.mwhcp.com.au](http://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 <b>(Starts 7th February)</b>	Strength to Strength DV Support Group 9.30am - 11.30am <b>(Starts 8th February)</b>	Tai Chi - Intermediate 9.15am - 10.15am	Beyond Anxiety 9.30am - 11.30am <b>(Starts 10th February)</b>
Just a Minute 10.00am - 11.30am <b>Fortnightly</b>	Mindful Murms 11.00am - 12.30pm 5 week program <b>BULLSBROOK</b>	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 <b>Contact Teresa - 0409 240 859</b>	Babies on the Move 12.30pm - 2.30pm <b>(Starts 7th February)</b>	<b>Creche available Tuesdays &amp; Wednesdays - Bookings are essential</b>	Craft Connections 12.30pm - 2.30pm	Harmony: Tuning into your baby 12.30pm - 2.00pm <b>(Starts 10th February)</b>

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

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.**

### 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.  
**Free: 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**