

## 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 Mondays.

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.



# Groups & Activity Timetable

**2023 Term 3  
Starts Monday,  
17th July**

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.

 /mwhcp

Term 3 Programs start Monday 17th July - Friday 22nd September				
Monday	Tuesday	Wednesday	Thursday	Friday
Yorga's Space 10.00am - 1.00pm	Circle of Security 9.30am - 11.30am 8 week program (Starts July 25th)	Strength to Strength DV Support Group 9.30am - 11.30am (Starts July 26th)	Tai Chi - Intermediate 9.15am - 10.15am	
Art Expressions 10.00am - 12.00pm	Beyond Anxiety 12.00pm - 2.00pm (Starts July 25th)	Empower & Pamper Dance 5.45pm - 6.30pm	Tai Chi - All Levels 10.15am - 11.15am	Activities to be announced...
Tai Chi 6.00pm - 7.00pm Contact Teresa - 0409 240 859		Creche available Tuesdays & Wednesdays - Bookings are essential	Craft Connections 12.30pm - 2.30pm	Watch this space!
			Mother and Baby Nurture 12.30pm - 2.30pm	

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.**

## 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.**

## 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.**

## Yorga's Space

This is a free drop-in group facilitated by Aboriginal women for Aboriginal and Torres Strait Islander women which aims to explore connection with self and others through fun and engaging activities.

No art experience required!

For more information email: [cindy@whfs.org.au](mailto:cindy@whfs.org.au)

**Free**