

# Women's Health and Family Services

## Alcohol and Drug Services



### Women's Alcohol and Drug Treatment Group

Monday 12.30-2pm

Suite 6 Lotteries House Joondalup

Or Friday 12.30-2pm Northbridge

The Alcohol and Drug Treatment Group offers psychoeducation, information, group support and opportunities for discussion with the aim of developing skills and a better understanding of how to cease or reduce the harm associated with alcohol and / or other drug use. This group is open and ongoing All Welcome.

### Counselling and Support

Joondalup and Northbridge

Face to Face or Phone Counselling

Drug and Alcohol Counselling is available for Individuals and couples, Family Therapy and Art Therapy is also available for children. Qualified counsellors work alongside women and their families experiencing AOD related problems to make positive changes in their own and their families lives. Enquiries to Intake (08) 6330 5400



### SMART Recovery

Thursday 12.30-2pm Joondalup

Online Wednesday 5.30pm-7pm

SMART (Self-Management and Recovery Training) for people who want to work through any behaviour change. SMART Recovery is a free group program to help any problematic behaviour including addiction to alcohol or drugs, gambling, shopping, food, internet, relationships, or others. Groups are run by trained SMART facilitators.

Contact [wellness@whfs.org.au](mailto:wellness@whfs.org.au)

or call **Karen on 0415 729 877**



## Womens Empowerment Evening

Last Tuesday of the month  
Northbridge 6pm-7.30pm

Womens Recovery Community in partnership with WHFS run a variety of groups each week from yoga to sound healing, making mandalas, poetry nights, community forums or other events. For full details of what's on check out Womens Health and Services Facebook Page or Womens Recovery Community Facebook page – All Events advertised online.

Call Karen for more details 0415 729 877 or check the Womens Recovery Community Facebook page for topics and dates

## BeWell Mental Health Support

Monday 10am-12noon Joondalup  
Or Friday 10am-12 noon Northbridge

A support group for women experiencing enduring mental health challenges. Activities include- Wellness self-management, mindfulness, cooking, movement, self-expression, relaxation, creative art and crafts, discussions, animal visits, and health-focused physical, emotional care sessions. Art Therapy Sessions are also run as part of the BeWell Program in Northbridge.



## Men's Recovery Group

Thursday 12.30-2pm Joondalup

Run in partnership with Men's Recovery Community the Men's Recovery Group provides peer support for men experiencing mental health, alcohol and drug or other issues. The Men's Recovery Group is a supportive group and aims to provide a place to be heard and to feel understood by people who may have experienced similar experiences and success in their recovery journey. Call Henri 0420 543 038



## Womens Health and Family Services

Northbridge - 227 Newcastle Street Northbridge WA

Joondalup - Suite 6 Lotteries House

Website <https://whfs.org.au/>

