

NEW GROUP

Mums and Bubs Recovery Group

The Mums and Bubs 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.

We offer several groups that provide non-judgemental support for all those that want to make a change in their life.

1:1 Drug and alcohol counselling and phone support is also available.



Mondays 10am-12pm

**Starting Monday
July 15th**

The Spiers Centre,
Heathridge
2 Albatross Rd
Heathridge

**Free Creche' 6 weeks
to Age 4-Registration
required**

**Minimum of 10
participants required**

wellness@luma.org.au

**Call Karen:
0415 729 877**



**LUMA FOR HER HEALTH
AND WELLBEING**

Group Schedule

Mother Baby Group Term 3	
July 15th	What is Motherhood and What is Good Enough?
July 22nd	Dealing with difficult emotions and emotional regulation
July 29th	Mindfulness in Action-Mother Baby massage
August 5th	Mental Health, Mothering and Addiction
August 12th	Guilt and Shame in Motherhood
August 19th	What is attachment and why is it important
August 26th	Meditation- What is it and how can I make time for it?
Sept 2nd	The Cycle of Addiction and Relapse prevention
Sept 9th	Body Based Exercises for Recovery.
Sept 16th	Exploring Recovery- How Art and Nature can support well being