

Special Events This Term

Midland Women's Birthday

Celebrating our 23rd birthday on the 8th August, with an international lunch. Please bring food to share from your country of origin.

Empowering Women to Be Safe On Line

Greg Gebhart, Office Of The Federal E-Safety Commissioner
Sponsored by Zonta
Wed 29th August 2018
2 - 4 PM
Bookings Essential
FREE Event

Midland Women's AGM

20th Sept. 2018
Further announcements pending.

Compassionate Self Leadership Course

For Women on Thursdays
6pm - 7:30pm

'Invest In You'

Come and enjoy a cuppa with others. Experience informal enjoyable activities including self care, self awareness & relaxation group
10am - 12pm

Our Values:

Community

We respect uniqueness and acknowledge diversity, working towards the health and wellbeing of our community.

Integrity

We are honest, non-judgemental, ethical and caring.

Empowerment

We are on a journey of growing and learning together.



Midland
Women's
Health
Care
Place Inc.

Midland Women's Health Care Place

Term 3 2018

Midland Women's Health
Care Place

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Timetable And Prices

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates 9:30am – 11:00am \$70 (10 sessions)	Support Therapeutic Group 9:30am – 11am FREE	Yin Yang Yoga 9:00 am – 10:30 am \$70 (10 sessions)	Tai Chi 9:15am – 10:15am \$70 (10 sessions)	Yin Yang Yoga 9:00am – 10:30am 6 th July – 21 st Sept \$84 (12 sessions)
Art Expressions 10:30am – 12:30pm \$70 (10 sessions)	Letting Go – Anxiety 1 - 3pm \$50 (6 sessions)	EMBRACE Therapy Support Group ELLENBROOK Library 12:30pm – 2:30pm	Tai Chi Intermediate 10:30am – 11:30am \$70 (10 sessions)	Invest in You 10:00am – 12:00pm Gold Coin Donation
	Tai Chi 6:00pm – 7:00pm \$90 (10 sessions)	Creatives Social Writing Group 10:30am - 12:30am FREE	Craft Connections 12:30pm – 2:30pm FREE	
			Compassionate Self Leadership 6:00pm – 7:30pm \$50 (10 sessions)	

*Term commencing 16th July to 21st September 2018. *FREE Creche available Tuesdays Midland

For more information check out our website, facebook, call us or drop in.

Group Descriptions

EMBRACE Therapy Support Group - Ellenbrook

An emotional supportive group responding to the new mother and child's needs. Free Creche.

Letting Go: Anxiety

Learn skills and strategies to manage anxiety in a supportive safe therapeutic group, facilitated by our experienced staff.

Yin Yang Yoga

Hatha yoga, is suitable for all levels of fitness. It is based on physical postures & breath control, helping to reduce stress and anxiety, leading to wellbeing.

Tai Chi

Gentle movement, encouraging breathing & relaxation. Suitable for those who may have physical difficulties, can be conducted from a seated position.

Pilates

Low impact stretching exercise to tone muscles, including core strength, balance & circulation, increasing general wellbeing.

Craft Connections

Get in touch with your inner creativity as a tool for self expression & to build self-confidence.

Art Expressions

Use art materials and the creative process to explore emotions, resolving and releasing conflicts.

Creatives Writing

Peer lead social group exploring creative writing.

Services We Offer

- One on one counselling
Specialising in perinatal, women's health and family violence
- Group therapy
- Exercise groups
- Free creche

