

## Special Events

### ★ Guided Meditation

Guided full moon meditation with sound healing. Cleanse and create positive intentions for your life.

5pm - 6pm

Fee: Donation

Friday 17 May

Friday 14 June

### ★ Food Sensations with Foodbank

A FREE hands-on nutrition and cooking experience. 4 weekly sessions, you will learn to cook some tasty, budget-friendly, healthy and easy recipes for yourself and/or your family.

A few recipes you will get to create are Nacho stacks, Butter-less chicken, and desserts.

Sounds YUM...

11am - 1.30pm

Fridays 3, 10, 17 & 24 May.

Call to book NOW.

## Our Values

### Community

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

### Integrity

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

### Empowerment

We are on a journey of growing and learning together.

### We also offer

- 1 on 1 counselling, specialising in pre-birth and perinatal, women's health and family violence.
- Group therapy.
- Free creche Monday's and Tuesday's.



# Midland Women's Health Care Place Term 2 2019

Commences  
Monday 29th April

4 The Avenue Midland, WA 6056

Phone: 9250 2221

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

[www.mwhcp.org.au](http://www.mwhcp.org.au)



Term 2 : Monday 29 April to Friday 5 July (10 Weeks)				
Monday	Tuesday	Wednesday	Thursday	Friday
Art Expressions 10.30am-12.30pm \$70	Creative Journaling 9.30am - 11.30am \$70	Yin Yang Yoga 9am - 10:30am \$70	Tai Chi 9:15am - 10:15am \$70	Yin Yang Yoga 9am - 10:30am \$70
	Working through Anxiety & Depression -Group 1pm-3pm Free (Please register)	Crochet Club 10:30am - 12:30pm \$70	Tai Chi Intermediate 10:30am - 11:30am \$70	
Mums, Bubs & Mums to be Yoga 1pm - 2pm \$70		Embrace Motherhood Support Group Bullsbrook 12:30pm - 2pm Free and creche available (Bookings essential)	Craft Connections 12:30pm - 2:30pm Free	
	Tai Chi 6pm - 7pm \$90	Empowering Belly Dancing 5pm - 5.45pm \$70		
<b>Free creche Monday and Tuesday - Bookings essential</b>				
<b>*Subject to change and groups require a minimum of 4 to proceed.</b>				

## Group Descriptions

### Art Expressions

Use art materials and various mediums to explore your creative side. Therapy and healing through art.

### Craft Connections

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

### Crochet Club

Always wanted to learn to crochet? Now is your chance. Connect with other ladies as you create something beautiful.

### Creative Journaling

Creative journaling can be used for creative expression, or spiritual and personal exploration. The group you will explore a different topic with a new medium each week.

### Working through Depression & Anxiety Group

Learn skills and strategies to manage anxiety & depression in a supportive, safe therapeutic group facilitated by one of our counsellors.

### Embrace Motherhood Support Group

A supportive group responding to the new mother and child's needs. Giving you the tools to help you in this challenging role.

### Empowering Belly Dancing

Shake your body while learning a few self defence moves, all in a fun and relaxing environment. Unleash your inner warrior and feel the power.

### Mums, Bubs & Mums to be Yoga

Assists with the natural healing process for mother after child birth, as well as encouraging bonding.

### Tai Chi

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

### 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.

All supplies are included in the price. To book or for more information please visit [www.mwhcp.org.au](http://www.mwhcp.org.au) or facebook/mwhcp or simply call 9250 2221 or drop in.

Please note groups require min. of 4 ladies to go ahead.