

# Specialised Counselling

We also offer 1:1 counselling in a relaxed and nurturing environment.

We offer counselling in:

- Antenatal depressions & anxiety
- Lack of Bonding
- Preparing for Parenthood
- Perinatal depression & anxiety
- Abuse
- Communication & Relationship issues
- Divorce
- Family & Domestic Violence
- General Counselling
- Grief & Loss
- Intimate Partner Violence
- Life Transitions
- Mental Health Issues
- Relationship Breakdowns
- Separation
- Stress, anxiety & depression
- Self-esteem issues
- Trauma
- Womens Health matters

# We also offer

- Outreach 1:1 counselling in Ellenbrook on Wednesdays.
- Crèche Tuesdays and Wednesdays. Midland Office only. \$2 per child. Bookings essential.
- Specialised workshops:
  - WA Animals
  - Platter board creations
  - Perth Rescue Angels
  - Friends of Jirdarup

Please speak to our friendly receptionist for more details.

Pricing - for 1:1 counselling can be obtained from our helpful reception. Prices for classes and groups that are not funded or sponsored are \$10.00 per class or group.

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.

Follow us on Facebook - Events and additional groups / workshops are not always known in advance when the timetable is produced. Its worth following our Facebook page for updates and latest news.



# Groups & Activities Timetable

**2022 Term 3  
Starts**

**Monday 18 July, 2022**

24 Junction Parade  
Midland, WA 6056  
9250 2221

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



/mwhcp

Term 3 Programs start Monday 18th July - Friday 23rd September				
Monday	Tuesday	Wednesday	Thursday	Friday
Art Expressions 10.30am - 12.30pm <b>(Starts 8th August)</b>	Circle of Security 9.30am-11.30am 8 week program <b>(Starts 2nd August)</b>	Strength to Strength Domestic Violence Support Group 10.00am - 12.00pm <b>(Starts 27th July)</b>	Tai Chi - Intermediate 9.15am-10.15am  Tai Chi - All Levels 10.15am-11.15am	Blue Zone 10.00am - 11.30am  Beyond Anxiety 9.30am - 11.00am <b>(Starts 29th July)</b>
Creche available Tuesday & Wednesdays - Bookings are essential. \$2 charge per child.	Babies on the Move 12.30pm - 2.30pm <b>(Starts 26th July)</b>	Empower & Pamper Dance 5.45pm - 6.30pm	Mother Baby Nurture 12.30pm - 2.30pm  Craft Connections 12.30pm - 2.30pm	Me, Myself & Money 10.00am - 11.30am
Tai Chi 6.00pm-7.00pm Contact Teresa - 0409 240 859	Groups subject to change and require a minimum of 6 to proceed.			

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. \$10.00 per class.

## Babies on the Move

A group for Mum & babies aged 7-18 months, offering support whilst you watch your baby achieve milestones like reaching for their feet, sitting alone, name recognition, communication and more...

**Free Group funded by WA Mental Health Commission.**

## Beyond Anxiety

Come & learn skills & strategies over this 8-week course to manage anxiety & stress in a supportive, safe & therapeutic group.

**Free Group funded by WA Mental Health Commission & WA Department of Health.**

## Blue Zone

Covid has affected all of us. One huge impact is our families living overseas & interstate which has seen us all increase our screen time to stay connected. Take a screen break, come & connect with other mums, & their children (0-4yrs), make friends & have fun.

**Free Group funded by WA Mental Health Commission..**

## 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 children's behaviour that makes this unique parenting program.

## Craft Connections

Get in touch with your inner creative as a tool for self-expression building self-confidence. Create something fun & making new friends. Free.

**Free Group funded by WA Mental Health Commission.**

## Empower & Pamper Dance

This is a 5-week class lasting 45 minutes that involves an infusion of belly dancing & yoga. The session combines the energy of belly dancing with the stretching & toning of yoga. A class that is designed to find the goddess within you. Connects mind & body & a great fun way to relax. \$10.00 per session.

## Me, Myself & Money

This is a 6 week program aimed at putting you on the path to financial empowerment. Aimed at women who may have experienced financial abuse or control. All welcome. Free and run-in conjunction with Indigo Junction.

## Mother, Baby Nurture

This is a 10 week course designed to support you & your infant (0 - 6mths) through the early days of parenting as you get to know & respond to each other. Build relationships with baby & make new friends. Call Playgroup WA on 1800 171 882 to book your place.

## Strength to Strength

This 9 week program is to support & guide you as you rebuild & reclaim, grow, connect, & take back your place after experiencing domestic abuse. Enabling you with the tools & confidence to start living your "best Life". Free funded by donations.

## 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. Several classes a week. \$10.00 per class.

All groups require min. 6 women to go ahead.

To book call 9250 2221, drop in or email [info@mwhcp.org.au](mailto:info@mwhcp.org.au).