



womens health
& family services

What's on at Womens Health & Family Services

Body Esteem Program launches their tenth Binge Eating Disorder Support Group

The Body Esteem Program are now accepting expressions of interest for the upcoming 20-week Binge Eating Disorder group for women (18+). The Body Esteem Program is the only community-based eating disorder service available in Western Australia and is based on the self-help model of care.

The program is designed to enable participants to take personal control of their own recovery and make and sustain positive changes within their lives.

According to a 2012 report by The Butterfly Foundation there is an estimated 429,600 people who experience Binge Eating Disorder in Australia, the highest of any eating disorder. Key indicators include, eating a lot of food within a relatively short period of time, a feeling of loss of control during these periods and little to no compensatory behaviours.



To register your interest or for more information - please phone Womens Health and Family Service on 9300 1566 or email: BEP@whfs.org.au

- medical & health
- alcohol & other drugs
- family & domestic violence
- mental health
- health promotion
- aboriginal family support
- rural in reach

227 Newcastle Street
NORTHBRIDGE, WA 6003

Tel: (08) 6330 5400
Fax: (08) 6330 5499
Email: info@whfs.org.au

Suite 6, Joondalup Lotteries House
70 Davidson Terrace
JOONDALUP WA 6027

Tel: (08) 9300 1566
Fax: (08) 9300 1699
Email: infojoondalup@whfs.org.au

Programs & Services

The Body Esteem Program



The Body Esteem Program (BEP) offers women with eating disorders a safe haven to share their experiences with other women who understand and empathise with the difficulties of living with and recovering from an eating disorder.

The groups are self-help which means that you set your own goals, take responsibility for learning, and make changes at your own pace.

Binge Eating Disorder - 20 week program

Commences: Tuesday 11th October 2016 – 7th March 2017
Venue: Womens Health & Family Services
(227 Newcastle Street, Northbridge)
Time: 6.30 pm – 9.00 pm
Cost: \$350.00 for 20 week program (2.5 hours per week)

Groups are facilitated by women who have recovered from an eating disorder themselves. They will share their own stories of having an eating disorder, and offer support based upon their own experiences.

Supporting a Person with an Eating Disorder (PESP)

Date: Saturday 29th October 2016
Venue: Womens Health & Family Services Joondalup
Joondalup Lotteries House
70 Davidson Terrace, Joondalup
Time: 9:30am - 4:00pm (Lunch Provided)
Cost: \$75.00 each or \$100.00 per couple

Friends/Family members of those attending the current BEP groups may attend for FREE. (Valid for one person, \$25.00 each additional person)

PARENT EDUCATION & SUPPORT PROGRAM (PESP)

Supporting Parents, Carers and Partners

Are you at a loss to understand how your family member, partner or friend came to suffer from an eating disorder?

PESP can provide you with insight into:

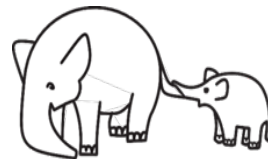
- Why sufferers behave the way they do and what it's like to experience an eating disorder.
- How you can support your loved one or friend to move towards recovery.
- The importance of caring for yourself and how to minimise stress and help to restore harmony in your family or relationship.

For more information on these programs, please email BEP@whfs.org.au

The Making SENSE of Motherhood Program

The Making SENSE of Motherhood (MSOM) Program

is a support group for women recovering from postnatal depression and anxiety.



This group is unique as mother and baby both attend group and the focus is on attachment and bonding.

The group offers women the chance to talk and find support from others who are also trying to make sense of motherhood.

Our next MSOM will be starting on **Mid August 2016**
10am-12:00pm at Womens Health & Family Services - Northbridge .

This service is free, however we ask for your commitment for the full 12 weeks. To register or to find out more, please call WHFS on 9300 1566 or email jbarrettlennard@whfs.org.au

Programs & Services

Stepping it Out Program



WHFS Joondalup has a number of walk locations where you can join other motivated women.

The walks vary in length and cater to all levels of fitness. New Members are welcome to join our FUN, FABULOUS and FREE walking Groups!

Outdoor

- Start at Joondalup Womens Health & Family Services
Tuesdays at 9:00am.
The walk is approximately 4.5k

Indoor

- Whitford City Shopping Centre - Tuesdays and Wednesdays at 9:00am.
(Meet at The Body Shop near Food Court)
- Joondalup Lakeside Shopping Centre - Tuesdays and Thursdays at 9:00am.
(Meet below escalators near Food Court)



Choir Group



WHFS Joondalup invites you to join the Circle of Friends Community Choir.

"Singing is now such an important part of my life, the camaraderie of the other women, learning new skills, it all helps me to remain sane in an otherwise busy family life. Thank you Womens Health & Family Services for providing this wonderful opportunity."

– Joondalup Choir Member.

Places are available for the Wednesday group but Monday places are limited.

Please call us at Joondalup to register your interest.

Monday - 9:00am to 11.30am

Commencing: 18th of July 2016

Cost: \$25.00 per term plus \$3.00 per session

Venue: Joondalup Lotteries House,
70 Davidson Terrace, Joondalup

Wednesday - 12.30pm to 2.30pm

Commencing: 20th July 2016

Cost: \$25.00 per term plus \$5.00 per session

Venue : 20 Jenolan Way, Merriwa

Craft Group

Our volunteer Craft group has some wonderful items they have made and are available for sale at very reasonable prices.

Visit us in Joondalup where you can buy a thoughtful gift for someone special or just treat yourself.

Do you have any balls of wool at home that you no longer need?

Our craft group will be able to put them to good use.
Please drop them off to our Joondalup office during business hours.
Any donations are greatly appreciated.

Programs & Services

The Drug and Alcohol Program (DAP)

The DAP takes a unique woman centred and gender sensitive approach to alcohol and other drug counselling and offers women and their families a safe, respectful, responsive and accessible counselling experience.

The counselling service is available on an individual, couples or family basis for women struggling with their own or a significant others alcohol and other drug use. Professional counsellors work alongside women and their families, to make positive changes in their own and their families lives.

This service is currently available on a Thursday at Joondalup and Monday till Friday in Northbridge.

Joondalup - Phone: 9300 1566 **Northbridge** - Phone: 6330 5400

The Multicultural Advocacy Service (MWAS)

The Multicultural Women's Advocacy Service (MWAS), is a specialised Domestic Violence service for Culturally and Linguistically Diverse (CaLD) women run by Womens Health & Family Services.

MWAS supports migrant women, both recent arrivals and long-term residents, who have experienced, or are at risk of domestic violence.

The service helps women navigate the web of services they may need to access and advocates on their behalf. This may include, but is not limited to; support in applying for a VRO, Centrelink payments, housing and referrals to other services as appropriate.

Non-CaLD clients can access domestic violence services from Womens Health and Family Services through the DVAS Central Service in Northbridge

Please call 6330 5400 or email dvasreception@whfs.org.au to make an appointment.

The PEPISU Program

The PEPISU Program is a free service for:

- Women who currently use or have used drugs and/or alcohol and have children.
- Women who are pregnant and seek to reduce or stop their use of drugs and/or alcohol.

The PEPISU Program provides one-on-one counselling and support to assist women in overcoming a dependency on alcohol and/or drugs or support to maintain recovery.

Whether you want to stop using, reduce use, or address other problems, the PEPISU team will work with you to make positive changes for you and your family.

PEPISU provides counselling, information, outreach, group activities including family and social recreational opportunities and referrals for women who are pregnant and/or parenting and have alcohol and other drug issues and to their children and families.

JOONDALUP

Phone : 9300 1566

Email: aoddutyjoondalup@whfs.org.au

NORTHBRIDGE

Phone: 6330 5400

Email: aodduty@whfs.org.au

Rural in Reach Program

This Womens Health & Family Services program provides health & well-being support for rural communities around WA.

- Free counselling by video conferencing, phone or email
- Private & confidential support from health professionals
- Community information sessions and workshops
- Professional Development & training

To find out more please call 1800 998 399 and ask to speak with the Rural in Reach team or check out our website
www.ruralinreach.whfs.org.au

Regular Events at Womens Health & Family Services – Term 3, 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
70 Davidson Tce Education Room	MAKING SENSE OF MOTHERHOOD 10am - 12pm CHOIR (Call for details)	WALKING GROUP (Call for details) TAI CHI (Call for details)	CRAFT GROUP (Call for details)		
62 Aberdeen ST Meeting Room	JOB CLUB 9.30am - 3pm	EMPLOYMENT WORKSHOP (Held monthly) 1pm - 2pm	TAFE CERT 2: LEADERSHIP DEV 9.30am – 2.30pm		TAFE CERT 2: LEADERSHIP DEV 9.30am - 2.30pm
227 Newcastle ST Group Room 1	GET OFF /STAY OFF 10.30am - 12pm	SUPPORT GROUP 10am – 11.30am	ART THERAPY 10am - 12pm HEALTH WORKSHOPS 12.30pm-2.30pm	CIRCLE of SECURITY (KIF) 10am - 12pm ENGLISH CLASS 12.30pm - 2pm STUDY GROUP 2.30pm - 4pm	MENTAL HEALTH COFFEE MORNING 10am - 12pm
227 Newcastle ST Group Room 2	POWER TO CHANGE 10am - 12pm	COFFEE MORNING & ART GROUP 10am - 12pm	PHYSICAL ACTIVITY PROGRAM (Call for details) HEALTH PROMOTION & MOVING ON WORKSHOPS (Call for details)	AGFS PLAY GROUP 10am - 12pm	MAKING SENSE OF MOTHERHOOD 10am - 12pm
227 Newcastle ST Group Room 3					
227 Newcastle ST Board Room	CIRCLE of SECURITY (MKIF) 10am - 12pm	CIRCLE of SECURITY (MKIF) 10am - 12pm			
227 Newcastle ST Creche	9am - 4pm	9am - 2pm	9am - 4pm	9am - 2pm	9.30am – 1.30pm

To find out more, or to attend a group in **Northbridge**, please contact us on **(08) 6330 5400**

To find out more about a **Joondalup** - specific group, please contact us on **(08) 9300 1566**
(Please confirm the location of your group before attending. See page next page for group information.)

Regular Events at Womens Health & Family Services

– Term 3, 2016

AGFS Play Group

This group is for Aboriginal families and their young children. It features arts and crafts, sing-alongs, dress ups, fun outings and guest speakers.

Body Esteem

This 20-week recovery focused group offers support for women suffering from eating disorders, supports and assists women to make informed decisions about their health and wellbeing and to make and sustain positive change.

Buried in Treasures

A self-help workshop for women who struggle with hoarding behaviours.

Circle of Security (Joondalup & Northbridge)

This 8 week program help parents improve their relationship with their child and learn how to understand and manage their child's behaviour.

Computer Class WHFS Clients Only

This group is for women seeking to learn computer skills for work or study.

Craft Group (Joondalup)

This free group allows women to come together, share skills and work as a collective on projects. All materials are paid for through the sale craft projects.

Dramatherapy

An exciting new group, led by two Masters-qualified Dramatherapists, into a journey of self-discovery.

English Class WHFS Clients Only

This group is for women who want to improve their spoken and written English skills, for work or study purposes.

Get Off / Stay Off

This group for women aims to strengthen motivation to overcome drug and alcohol issues.

Job Club WHFS Clients Only

This group assists women to develop their job-seeking skills, including providing help with practice interviews, and access to computers for online applications.

Mental Health Coffee Morning

This weekly peer support group is for women who identify as living with mental health problems. It offers a relaxed, caring environment to share, socialize, create support networks, and learn new skills and coping strategies.

Minding our Moods

This 7 week program aims to help us acknowledge and accept our emotions, identify what triggers troubling emotions and explore how we can better mind our moods.

PEPISU and AGFS Coffee Morning

Clients from the Aboriginal Grandparents and Family Support Program and Alcohol and Other Drug Service clients are welcome to come have a coffee and a chat. Various art and craft activities will also be available.

Physical Activity

WHFS offers low cost, women's-only exercise classes that are run in a private, safe, and supportive environment.

Power to Change

This program provides education and support in addressing the loss of confidence and self-esteem of women who have been in abusive relationship.

TAFE Cert 1 and Cert 2 in Leadership Development

This course is run by Challenger TAFE for WHFS clients. The course covers employability skills, personal development and communication as well as First Aid; all shared in a supportive women-only environment.

Walking Group (Various Locations)

This free group takes place at various locations across the North Metro area. New Members are welcome. Contact WHFS [Joondalup](#)

Making Sense of Motherhood (Joondalup & Northbridge)

A support group for women recovering from postnatal depression and anxiety, where mother and baby can focus on attachment and bonding.

Mental Health Art Therapy

This program, for women with a mental illness caring for dependent children, aims to build inner strength & develop an understanding of emotion through art.

What's On

ACTIVITY PROGRAMS

Pilates Fundamentals – 4 Week Progress Course

Educate yourself on the key principles from Joseph Pilates, the creator of Pilates.

Learn the skills of combining breath with flow movement that lengthens and strengthens the musculature system.

It is ideal for those with chronic pain or for those who are simply wanting to train their core stability.

Experience a combination of fundamental mat exercises and how the stability ball (fit-ball) can develop core strength.

July 20th and 27th

Wednesday 11:00am – 11:45am

227 Newcastle Street, Northbridge



To register directly with Tanja please email her at tluck@whfs.org.au or call on 6330 5400.

Job Club and Computer Open Access

*Presented by the Womens Health and Family Services' **Moving On** program*

Assistance with:

- ✓ Job search
- ✓ Modifying resumes and app letters
- ✓ Interview skills
- ✓ Learn or upgrade computer skills
- ✓ Access computers



Monday 9:30am - 3:00pm
Thursday 10am - 12 noon
During school terms

Where:

Group Room - WHFS
62 Aberdeen Street, Northbridge

Childcare:

Unavailable

For more information:

Contact Lynda, Brooke or Louisa

Phone: 0420-990-368

Email: mwasfmc@whfs.org.au

bmaio@whfs.org.au

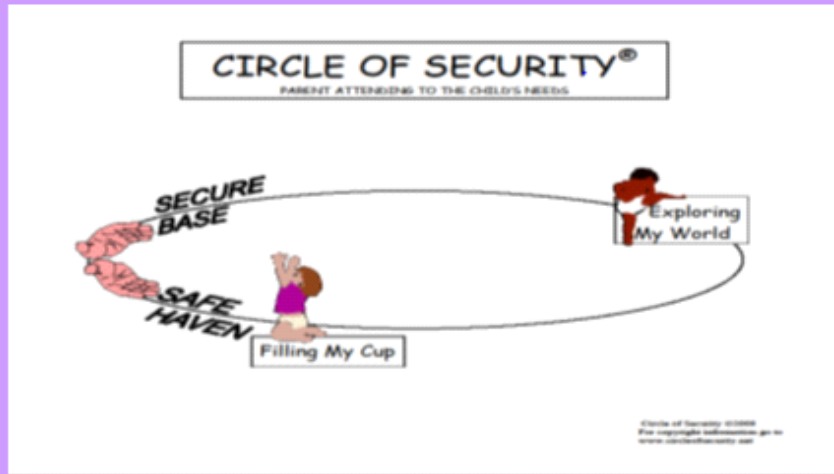
louisa@whfs.org.au

Proudly supported by the Australian Government Department
of Social Services



What's On

Thursday 28th July from 10.00am to 12.00pm
15th September



Circle of Security Parenting Programme

Improve your relationship with your child and learn how to understand your child's behaviour.

Circle of Security is an easy to understand 8 week program

Please call Marye or Danni on
6330 5400

to book a place

Creche is available but bookings are essential

227 Newcastle St Northbridge

Morning tea provided

Circle of Security Parenting Program for Multicultural Women

This easy to understand 8 week program will help you as a parent learn to recognise your children's needs and better understand their behaviour.

Get ideas on how to make parenting easier and enhance your relationship with your children to become a "Good Enough" parent.



Time: Monday 10am-12 noon
Cost: Free
Date: Begins 25.07.2016 runs for 8 weekly sessions
(Ends 12.09.2016)
Venue: Board Room, 227 Newcastle Street, Northbridge

***FREE Creche is available**

To reserve a place please contact:

Sze on 0430515261 or email sze@whfs.org.au

What's On

Mental Health Team's - Friday Coffee Hub

Friday coffee hub meets on a Friday morning at **10am till 12pm** for Morning Tea during Term time.

It is an opportunity to meet other women in a relaxed and friendly environment.

Facilitators offer a weekly activity with all material provided free of charge. Activities are optional, but some clients may attend for the social interaction aspect of the group and choose not to do the activity.

Located at **227 Newcastle street, Northbridge.**

Term 3 runs from the **29th July to 16th September 2016**
Each term activities are selected for self expression and relaxation.



Drinks and brunch provided

Free creche available – bookings essential

This group is for women experiencing mental health problems. A short assessment is required before joining. One on One support, Advocacy and Counselling available on request.

**Please call reception on 6330 5400
and ask for Julie or Ruth**

English workshop

*Presented by the Womens Health and Family Services **Moving On** program*

Assistance with:

- ✓ Grammar
- ✓ Speaking practice
- ✓ Cross cultural communication
- ✓ Idioms and phrasal verbs
- ✓ Needs based grammar and pronunciation
- ✓ Advice on IELTS and other tests



Each Thursday during school terms
12:30 – 2pm

Where:

Group Room 1
Womens Health & Family Services
227 Newcastle Street, Northbridge

Childcare:

Needs to be booked in advance

For more information or referral:

contact Lynda or Louisa

Phone: 0420-990-368

Email: mwasfmc@whfs.org.au
louisa@whfs.org.au

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What's On

POWER TO CHANGE

A self-esteem group for women who have experienced family and domestic violence



This 16 week Program covers:

- Building self-esteem, self determination and empowerment
- Learning new ways for managing and expressing emotions
- Working on boundaries and assertiveness
- Increasing understanding of women's basic rights, gender stereotyping, social norms and DV.

If you would like more information , or wish to be part of this group:

Simply make an appointment with Helen or Sandie, from WHFS to see if you are ready for the group.

The appointment involves a short discussion about your needs and includes a safety assessment.

Contact Helen by phone on 6330 5400
(Available 9am- 4pm, Mon, Wed or Thur.)

Multicultural Women's Advocacy Service (MWAS) Coffee Morning.

This Coffee morning is provided for women in a manner that is sensitive to their cultural, religious beliefs and practices.

At the MWAS Coffee Morning you will find ...

Friendship –

Emotional support, sharing experiences and helping/empowering each other.

Information –

On topics such as health, self esteem, parenting, employment and training and living in Australia.

Activities –

Fun activities such as arts and crafts, Yoga and dancing.



MWAS coffee morning is held every Tuesday from **10:00am to 11:30am.**

Please call Nhi on 0417 980 440 for further details.

Medical, Counselling & Health Services

INDIVIDUAL NUTRITION CONSULTS

Do you have questions about your diet and health?

- High Cholesterol/blood pressure?
- Irritable Bowel Syndrome? Food Intolerances?
- Tired or lacking energy?



Our qualified Dietician is now available for individual consults at either **Joondalup or Northbridge.**

STANDARD RATES

\$30.00 per 1 hour session

CONCESSION RATES

\$15.00 per 1 hour session

*Concession applies to student, healthcare and pension card holders and low income earners.

For further information or to book an appointment please contact Carole Parker.

Phone: 6330 5400

email: cparker@whfs.org.au

Perinatal Mental Health Team

2016 WEEKLY GROUP PROGRAMS - NEXT START DATES

ALL SERVICES AND PROGRAMS ARE FREE OF CHARGE

ASSESSMENT IS REQUIRED



ADJUSTING TO BABY AND CHANGE FROM 4TH AUGUST - *MT LAWLEY*
THURSDAY MORNINGS 9:30AM-12:00PM FOR 9 WEEKS (WITH CRECHE)

MAKING SENSE OF MOTHERHOOD FROM 5TH AUGUST - *NORTHBRIDGE*
FRIDAY MORNINGS 10:00AM-12:00PM FOR 10 WEEKS
(BABIES IN THE GROUP)

FOR MORE INFORMATION OR TO ARRANGE AN ASSESSMENT CONTACT:

THE PERINATAL MENTAL HEALTH SERVICES TEAM AT

PERINATALMENTALHEALTHTEAM@WHFS.ORG.AU OR PHONE 6330 5400

Private Counselling - Joondalup

Private female counsellors practice at Joondalup on various days.
For further information phone at Joondalup on 9300 1566

Sexual Assault Resource Centre (SARC)

This outreach counselling service is offered at **Joondalup** on Mondays.

For an appointment, please contact **SARC** on **9340 1820**.

This service is **FREE**.

Incontinence Clinic

Joondalup office has a trained continence nurse advisor from the Continence Management Advice Service (CMAS/Silverchain) every **Monday** for women with **ongoing bladder and/or bowel concerns**.

For further details please ring CMAS clinic at - **1300 787 055**.

Naturopath - Joondalup

Debbie Burton is a Joondalup based consultant naturopath with 16 years clinical experience.

Treatment plans on diet, lifestyle, nutritional, herbal and homeopathic are tailor made to suit her clients.

Whether your health concern is one of fatigue, hormonal, mood, immune, allergies, weight or general health, Debbie can assist.

Debbie is ANTA accredited practitioner affiliated with health funds and WHFS clients receive special rates.

Debbie is passionate about supporting clients achieve positive health outcomes.

Email Debbie Dburto2@bigpond.net.au or call 0413 632583

Medical, Counselling & Health Services

Women's Health Clinic

The medical clinics at Joondalup and Northbridge provide information, advice, support and treatment for a broad range of women's health issues including :

- Breast Checks
- Pap Smears
- Contraception
- IUD and Implanon Insertions/Removals
- Ante-natal Care and Post-natal Check
- Menstrual Problems
- Menopause
- Vaginal Infections
- Sexually Transmissible Infections
- Other women's health

Our female doctors and clinic nurses are specialists in women's health issues.

Longer consultations are made available so the doctors can thoroughly discuss health and other issues which impact on your health and wellbeing.

We bulk-bill for Pensioners and Health Care Card holders and school students.

Doctor Clinic Hours

Northbridge –

Monday 8:40am – 12:40pm

Tuesday 9:00am – 12:40pm

Wednesday 9:00am – 5:00pm

Thursday 8:40am – 11:40am

Friday 9:00am – 12:20pm

Joondalup –

Wednesday 8:40am – 4:40pm

Please call reception in **Northbridge** on 6330 5400 or **Joondalup** on 9300 1566 to arrange an appointment with the Doctor or Nurse.

Mental Health Counselling

Short term counselling is available for women over the age of 18 years.

Individual counselling is offered for women seeking assistance for a variety of life challenges such as depression, anxiety, grief and loss, parenting, relationship distress, migration stress, work/life balance and confidence and self-esteem difficulties.

Joondalup counselling service is limited and is only available three days per week.

Women seeking counselling can call Northbridge on 6330 5400 or Joondalup on 9300 1566 and you will be placed on the waiting list for an initial appointment.

FEES: Sliding Scale between \$10.00 - \$40.00

Creche Services

WHFS Northbridge

Monday 9:00am – 4:00pm

Tuesday 9:00am – 2:00pm

Wednesday 9:00am – 4:00pm

Thursday 9:00am – 2:00pm

Friday 9:30am – 1:30pm

WHFS Joondalup have crèche facilities available on

TUESDAY 9:30am – 3pm and

WEDNESDAY 9:30am – 12:00pm.

Bookings are essential

