

What's on at Joondalup WHFS

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Information / Referral
Counselling / Health Support Clinic
Incontinence Clinic
Complementary Health Services

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

Tel: (08) 9300 1566

Fax: (08) 9300 1699

Email: infojoondalup@whfs.org.au

Web: www.womenshealthworks.org.au

Peer Based Services Recognised

Women's Health and Family Services, Joondalup, is very proud to announce that they were winners of the 2014 Mental Health Good Outcome Awards under the category for improved mental health outcomes delivered in partnership.

"Reaching out for Hope" was designed and delivered by the Body Esteem Program in collaboration with the Child and Adolescent Mental Health Service (CAMHS) Eating Disorders Program, located at Princess Margaret Hospital. This program aims to provide peer support to adolescents who are in current treatment for an eating disorder. Reaching out for Hope is the first peer based program to be implemented within a clinical setting within Western Australia and the experience proved extremely beneficial to both group participants as well as group mentors.

Women's Health and Family Services, Joondalup, was also a finalist in the Edith Cowan University Award for prevention, promotion and/or early intervention for Making Sense of Motherhood. Making Sense of Motherhood is a peer facilitated twenty week group program designed to assist women adjust to motherhood and enhance their relationship with their newborn.

For further information on the Body Esteem Program please email BEP@whfs.org.au
For further information on Making Sense of Motherhood

please email jbarrettlenard@whfs.org.au



Top L-R: Hon.Helen Margaret Morton – Minister for Mental Health, Kathy Logie, Jemma Caswell, Sue Lister, Julie Purcell, Tim Marney – Mental Health Commissioner
Bottom L-R, Stephanie Wade, Nicole Nannen, Julie McCormack

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. Women who participate in the program have reported they feel less ashamed, less isolated and more hopeful for the future.

Binge Eating Disorder 20 week program

Commences: Thursday 2nd July 2015
Venue: Women's Health & Family Services (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.

Anorexia and Bulimia 20 week program

Commences: Tuesday 10th February 2015
Venue: Women's Health & Family Services (Newcastle Street, Northbridge)
Time: 6.00 pm – 8.30 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.

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? Do you suffer from guilt? Are you feeling confused, scared, worried or angry? Is it difficult to know where to look for help?

If you said YES to any of the above, then this program could be helpful for you...

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 **28th February 2015** from 9.30am to 3.30pm with lunch provided.
- Cost \$75 each or \$100 per couple.
- Free of charge for 1 parent, partner or carer of a participant of a 20 week program, \$25.00 per person thereafter.

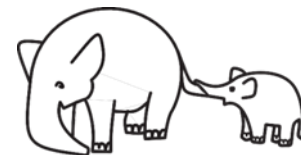
For more information on these programs, please email BEP@whfs.org.au

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 and is facilitated by trained, caring and empathic women who are mothers themselves and understand the sorts of challenges faced by new mums.

Our next MSOM will be starting on **Monday 9th February 2015** at Women's Health & Family Services Joondalup. This service is free, however we ask your commitment for the full 10 weeks. To register or to find out more, please call WHW on 9300 1566 or jbarrettlennard@whfs.org.au



Programs, Courses & Workshops

Stepping it Out Program



WHFS Joondalup have a number of walk locations where you can join other motivated women. The walks vary in length, cater to all levels of fitness. New Members are welcome to join our FUN & FABULOUS plus FREE walking Groups!!.

Outdoor

- Joondalup Women's Health and Family Services Tuesdays @ 9am

Indoor

- Whitford City Shopping Centre Tuesdays & Wednesdays @9am
- Joondalup Lakeside Shopping Centre Tuesdays & Thursdays @9am

WHITFORD WALKING GROUP

A CHRISTMAS IN JULY FUND RAISING EVENT WAS ORGANISED BY THE LADIES OF THE WHITFORD WALKING GROUP AND \$460 WAS DONATED TO THE FLYING DOCTORS – WELL DONE



Choir

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 and Family Services for providing this wonderful opportunity." – Joondalup Choir Member.

Places available at Joondalup & Merriwa. No auditions required! Please call us to register your interest.



Wednesday 12.30 to 2.30pm
Dates: 28th Jan 2015 – 1st April 2015
Cost: \$25 per term plus \$5 per session
Venue : 20 Jenolan Way, Merriwa

Monday 9 to 11.30am
Dates: 19th Jan 2015 – 30th March 2015
Cost: \$25 per term plus \$3 per session
Joondalup Lotteries House

Continence Workshop

Continence can be treated, and in many cases cured. Join Continence Nurse Advisor from Silver Chain , Lisa Llewellyn for a workshop on how you can "Treat it. Beat it" using simple strategies to improve your bladder and/or bowel health.

Date: Monday 9th March 2015
Time: 12.30 pm – 1.30 pm
Venue: Joondalup Office
Cost: Gold Coin Donation

To register please call 9300 1566. Bookings are essential.

Craft

The Craft Group serves as a wonderful space for women to come together, share skills and work as a collective on projects. Creativity, learning together, socialising, laughing and conversation keep this group alive. Many of the women are new to Western Australia and the group provides an opportunity for new social and support networks.

COST: FREE

Wednesdays from 9.30 to 12.00 at Joondalup

Handmade Crafts for Sale

Joondalup office – we are selling creative craft works, handmade by our dedicated craft group volunteers. Great gift ideas, baby clothing, handbags, scarfs and much more!!!!

What's on

PARTNERS IN RECOVERY

Perth North Metro Partner's in Recovery (PIR) works alongside people who experience severe and persistent mental health problems and multiple unmet needs (e.g. housing, employment, medical etc). Support Facilitators help to link individuals to supports and services they require and promote coordination of these supports. PIR is client driven and involves the determination of recovery actions and goals. The program runs at Joondalup on Wednesdays is for both men and women aged 16 and over. Referrals can be made by anyone, and are done so through the Lead Agency, Perth North Metro Medicare Local on 9208 9581.

Tess is available to contact for further information on a Wednesday at Joondalup – 9300 1566

The Multicultural Women's Advocacy Service

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

Please call 63305400 or email dvasreception@whfs.org.au to make an appointment.

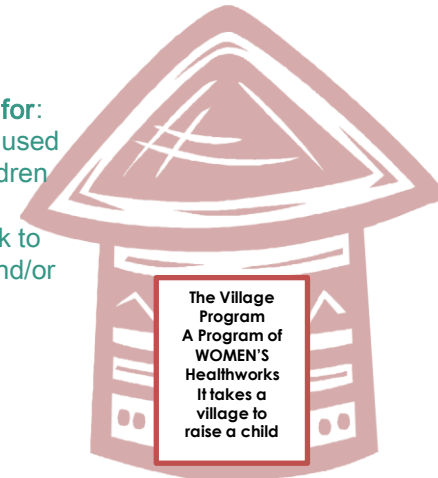
Non-CALD clients can access domestic violence services from Womens Health and Family Services through the DVAS Central Service in Northbridge.

Please call 63305400 or email dvasreception@whfs.org.au to make an appointment.

The Village Program

The Village Program is a free service for:

- Women who currently use or have used drugs and/or alcohol and have children under the age of 12 years.
- Women who are pregnant and seek to reduce or stop their use of drugs and/or alcohol.



Village Offers:

A unique combination of interventions targeted to the woman's specific circumstances. The Village 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.

The Village Program is now part of Womens Health & Family Services PEPISU Program.

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.

How to refer?

JOONDALUP Phone: 9300 1566
Counselling days – Tuesday & Fridays
Email: eosorio@whfs.org.au
NORTHBRIDGE Phone: 6330 5400
Email: info@whfs.org.au

EXTRA EVENTS

CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS
COMMENCING THURSDAY 5TH MARCH 2015 FOR 8 WEEKS
UNTIL 23RD APRIL 2015

TIME: 10.00 / 12.00
VENUE: WHFS JOONDALUP LOTTERIES HOUSE, 70 DAVIDSON TERRACE
MORNING TEA WILL PROVIDED

Do you want more love, co-operation and joy with your children?

***Circle of Security* will show you how**

Find out how your relationship with your child can help them and you to become happier, more confident AND to have the ability to overcome their own problem behaviours!

***Circle of Security* is an easy to understand 8 week programme with DVD explanations and examples of other parents experiences, that everyone will be able to relate to.**

**LIMITED places are
Available so please book ASAP**

**CONTACT: VALERIE ON 6330 5400
OR
ESMERALDA ON 9300 1566
(TUESDAY OR FRIDAY)**



womens health
& family services

COME AND JOIN THE CIRCLE OF FRIENDS
COMMUNITY CHOIR FOR A PURPLE CHOIR DAY
ON MONDAY 9TH MARCH TO CELEBRATE
INTERNATIONAL WOMEN'S DAY

International Women's Day 2015 Theme: *MAKE IT HAPPEN*

All around the world, International Women's Day represents an opportunity to celebrate the achievements of women while calling for greater equality.

Make It Happen is the 2015 theme for our internationalwomensday.com global hub, encouraging effective action for advancing and recognising women.

Each year International Women's Day (IWD) is celebrated on March 8. The first International Women's Day was held in 1911. Thousands of events occur to mark the economic, political and social achievements of women. Organisations, governments, charities, educational institutions, women's groups, corporations and the media celebrate the day.

Various organisations identify their own International Women's Day theme, specific to their local context and interests. Many charities, NGOs and Governments also adopt a relevant theme or campaign to mark the day. For example, organisations like the UN, Oxfam, Women for Women, Care International, Plan, World Association of Girl Guides & Girl Scouts (WAGGGS) and more - run exciting and powerful campaigns that raise awareness and encourage donations for good causes. The UN has been declaring an annual [equality theme](#) for many years.

The **PURPLE** choir event will take place at Joondalup Lotteries House between 10.00 a.m. – 12.00 noon with a morning tea, so please bring along a small plate. Dress for the occasion in **PURPLE**



Please call us on 9300 1566 to register your place.

Medical, Counselling & Health Services

Well Women's Health Clinic

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

- Breast Checks
- Pap Smears
- Contraception
- IUD & 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.

Medical Clinic Joondalup Hours of Service

Tuesdays 8.30am – 4.45pm
Thursdays 12.00-5pm
Fridays 8.30am – 2.00pm

Call 9300 1566 for an appointment at Joondalup

Call 6330 5400 for an appointment at Northbridge

Sexual Assault Resource Centre (SARC)

This is an outreach counselling service offered at Joondalup on Mondays. For an appointment, please contact **SARC** on 9340 1820, Mondays to Fridays, 8.30am – 5.00pm. This service is **FREE**.

Counselling Services

Short term counselling is available at Joondalup 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.

Counselling is centered on each individual's desires and goals and offers an opportunity for women to increase awareness of the nature of the difficulties they are currently facing. Individual support is provided to assist women to make choices to reach their potential and increase personal fulfilment.

Women seeking counselling at Joondalup can call reception on 9300 1566 and will be placed on the waiting list for an initial appointment. Our counselling service is limited and is only available three days per week.

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

For Northbridge Counselling Services call 6330 5400

Private Counselling

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

Naturopath

Debbie is an experienced naturopath/medical herbalist and offers appointments at Joondalup on Mondays and can be contacted directly on 0413 621 583 or dburton2@bigpond.net.au. See Debbie's website for further information. <http://debbieburtonnaturopath.squarespace.com>

*Is childcare difficult
for you?*

Joondalup have creche facilities available on
TUESDAY's for your appointments

Incontinence Clinic

Joondalup office has a trained continence nurse advisor from the Continence Management Advice Service (CMAS) every Monday for women with ongoing bladder and/or bowel concerns. For further details please ring CMAS clinic at 1300 787 055.

Information and Services

Womens Health and Family Services

Please see our website for more information about what we offer

<http://www.whfs.org.au>