



ERICA
WOMEN'S CENTRE

One-to-One Counselling

Low cost, confidential support for a range of experiences:

- Parenting (including pre/postnatal)
- Grief & loss
- Trauma
- Family & domestic violence
- Stress, anxiety & depression
- Alcohol & other substance use
- Life transitions
- And more

For women aged 16+
Living in Perth's East Metro Area
Self-referrals are welcome
Book online, over the phone or
in person

Wellbeing Workshops

Designed to meet the needs of women in our community, covering topics such as:

- Mental & emotional health
- Education & skills development
- Parenting groups & peer support
- Creative & therapeutic activities
- Gentle movement & fitness

Facilitated by qualified, experienced & professional women

Contact

P: 9250 2221

E: info@ericawsc.org.au

W: ericawsc.org.au



[ericawomenscentre](https://www.ericawomenscentre.org.au)

Location

24 Junction Pde, Midland

Crèche available on Tuesdays & Wednesdays (Midland only)