




Our groups are facilitated by qualified, experienced & professional women

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Trauma-Informed Yoga 2/2/26 - 30/3/26 8:50 - 9:50am \$10 per class</div> <div>Yorgas Own Time 2/2/26 - 30/3/26 10am - 1pm For Aboriginal & Torres Strait Islander women LUMA</div>	<div>Bringing Up Great Kids - Parenting After Family Violence 17/2/26 - 24/3/26 9:30 - 11:30am  MIDVALE HUB</div> <div>Programs free unless otherwise specified</div>	<div>Counselling available Monday to Friday</div> <div>Crèche available on Tuesdays & Wednesdays \$2 per child Bookings essential</div>	<div>Tai Chi - All levels 5/2/26 - 2/4/26 9:15 - 10:15am \$10 per class</div> <div>Tai Chi - Intermediate 5/2/26 - 2/4/26 10:15 - 11:15am \$10 per class</div> <div>Mother Baby Nurture - Ellenbrook 5/2/26 - 2/4/26 10:30am - 12:30pm For mums & babies 0 - 6 months</div> <div>Craft Connections 12/2/26 - 2/4/26 12:30 - 2:30pm</div>	<div>Mother Baby Nurture - Midland* 30/1/26 - 27/3/26 10:30am - 12:30pm For mums & babies 0 - 6 months</div> <div>*Please note Mother Baby Nurture - Midland runs a week earlier than Ellenbrook</div>

One-off Workshops

Standing Strong: Breaking People-Pleasing Patterns
Tuesday 10th February
10:30am - 12:30pm
\$10
Waitlist available

Safe Futures
Tuesday 10th February
10am - 1pm
Light lunch provided

Overcoming Violence.
Inspiring Safety.

From Worry to Wellness: Navigating Anxiety with Confidence
Thursday 26th February
10:30am - 12:30pm
\$10
Waitlist available

Embracing Ourselves: A Self-Compassion Workshop for Women
Tuesday 10th March
10:30am - 12:30pm
\$10

Empowered from Within: Clarifying Values to Cultivate Personal Power
Tuesday 24th March
10:30am - 12:30pm
\$10

