



Our groups are facilitated by qualified, experienced & professional women

Monday

Tuesday

Wednesday

Thursday

Friday

Trauma-Informed Yoga

2/2/26 - 30/3/26
8:50 - 9:50am
\$10 per class

Yorgas Own Time

2/2/26 - 30/3/26
10am - 1pm
For Aboriginal & Torres Strait Islander women

LUMA

Bringing Up Great Kids - Parenting After Family Violence

17/2/26 - 24/3/26
9:30 - 11:30am



Programs free unless otherwise specified

Counselling available Monday to Friday

Crèche available on Tuesdays & Wednesdays
\$2 per child
Bookings essential

Tai Chi - All levels

5/2/26 - 2/4/26
9:15 - 10:15am
\$10 per class

Tai Chi - Intermediate

5/2/26 - 2/4/26
10:15 - 11:15am
\$10 per class

Mother Baby Nurture - Ellenbrook

5/2/26 - 2/4/26
10:30am - 12:30pm
For mums & babies
0 - 6 months

Craft Connections

12/2/26 - 2/4/26
12:30 - 2:30pm

Mother Baby Nurture - Midland*

30/1/26 - 27/3/26
10:30am - 12:30pm
For mums & babies
0 - 6 months

*Please note
Mother Baby Nurture - Midland
runs a week earlier than Ellenbrook

One-off Workshops

Standing Strong: Breaking People-Pleasing Patterns

Tuesday 10th February
10:30am - 12:30pm
\$10
Waitlist available

Embracing Ourselves: A Self-Compassion Workshop for Women

Tuesday 10th March
10:30am - 12:30pm
\$10

Safe Futures

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

Ovis
Overcoming Violence. Inspiring Safety.

From Worry to Wellness: Navigating Anxiety with Confidence

Thursday 26th February
10:30am - 12:30pm
\$10
Waitlist available

Empowered from Within: Clarifying Values to Cultivate Personal Power

Tuesday 24th March
10:30am - 12:30pm
\$10



For more information & to register
Scan the QR code E: info@ericawsc.org.au P: 9250 2221

