



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 and over
in Perth's East Metropolitan Area**

Self-referrals are welcome

Wellbeing Workshops

Facilitated by our counsellors to meet the needs of women in our community, covering topics such as:

- Assertiveness
- Attachment
- Boundary-Setting
- Breaking People-Pleasing Patterns
- Self-Compassion
- Values

Contact

9250 2221

info@ericawsc.org.au

www.ericawsc.org.au

  [ericawomenscentre](https://www.instagram.com/ericawomenscentre)

Locations

24 Junction Parade, Midland

7 Plaza Turn, Ellenbrook

Crèche available on Tuesdays & Wednesdays (Midland only)