



Our groups are facilitated by qualified, experienced & professional women

Monday

Yoga

4/5 - 22/6
9 - 9:50am
\$10 per class
+ BRING A FRIEND FOR FREE

Yorgas Own Time

20/4 - 29/6
10am - 1pm
For Aboriginal & Torres Strait Islander women

LUMA

Tuesday



MIDVALE HUB

Guiding Feelings - Emotion Coaching Toolkit for Parents

5/5 - 19/5
9:30 - 11:30am

Keeping Kids in Mind

26/5 - 23/6
9:30 - 11:30am
For separated mums experiencing ongoing conflict

Wednesday

Financial Capability Workshops

22/4 - 13/5
9:30 - 11:30am



midlas



Crèche available on Tues & Wed
\$2 per child
Bookings essential

Thursday

Tai Chi - Intermediate

23/4 - 2/7
9:15 - 10:15am
\$10 per class

Tai Chi - All levels

23/4 - 2/7
10:15 - 11:15am
\$10 per class

Mother Baby Nurture - Ellenbrook

23/4 - 25/6
10:30am - 12:30pm
For mums & babies 0 - 6 months

Craft Connections

30/4 - 18/6
12:30 - 2:30pm

Friday

Programs free unless otherwise specified

Mother Baby Nurture - Midland

1/5 - 3/7
10:30am - 12:30pm
For mums & babies 0 - 6 months

One-Off Workshops

Standing Strong: Breaking People-Pleasing Patterns

Tuesday 5th May
10am - 12pm
\$10

From Worry to Wellness: Navigating Anxiety with Confidence

Thursday 21st May
10am - 12pm
\$10

Embracing Ourselves: A Self-Compassion Workshop for Women

Tuesday 26th May
10am - 12pm
\$10

Building Bridges, Not Walls: Empowering Women through Boundary-Setting

Tuesday 9th June
10am - 12pm
\$10

Embracing Chaos: Supporting Mental Health Throughout Perimenopause

Tuesday 23rd June
10am - 12pm
\$10

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