



Our groups are facilitated by qualified, experienced & professional women

| Monday                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><b>Yorgas Own Time</b><br/><br/>20/7 - 21/9<br/>10am - 1pm<br/>For Aboriginal &amp; Torres Strait Islander women<br/><br/><b>LUMA</b></div> <div>Low cost, one-to-one counselling appointments available Mon - Fri</div> | <div><b>Circle of Security Parenting</b><br/><br/>28/7 - 15/9<br/>9:30 - 11:30am<br/><br/><br/>MIDVALE HUB</div> <div>Crèche available on Tues &amp; Wed \$2 per child Bookings essential</div> | <div><b>Financial Capability Workshops</b><br/><br/>22/7 - 12/8<br/>10am - 12pm<br/><br/><br/>midlas<br/><br/> <b>Financial Wellbeing Collective</b></div> <div></div> | <div><b>Tai Chi - Intermediate</b><br/>23/7 - 24/9<br/>9:15 - 10:15am<br/>\$10 per class</div> <div><b>Tai Chi - All levels</b><br/>23/7 - 24/9<br/>10:15 - 11:15am<br/>\$10 per class</div> <div><b>Mother Baby Nurture - Ellenbrook</b><br/>23/7 - 24/9<br/>10:30am - 12:30pm<br/>For mums &amp; babies 0 - 6 months</div> <div><b>Craft Connections</b><br/>6/8 - 24/9<br/>12:30 - 2:30pm</div> | <div>Programs free unless otherwise specified</div> <div><b>Mother Baby Nurture - Midland</b><br/>24/7 - 25/9<br/>10:30am - 12:30pm<br/>For mums &amp; babies 0 - 6 months</div> |

## One-Off Workshops

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| <div><b>Caring for Yourself in Times of Transition</b><br/><br/>Tuesday 28<sup>th</sup> July<br/>10am - 12pm<br/>\$10</div>                           | <div><b>Empowered from Within: Clarifying Values to Cultivate Personal Power</b><br/><br/>Thursday 13<sup>th</sup> August<br/>10am - 12pm<br/>\$10</div>                          |
| <div><b>Embracing Chaos: Supporting Mental Health Throughout Perimenopause</b><br/><br/>Tuesday 25<sup>th</sup> August<br/>10am - 12pm<br/>\$10</div> | <div><b>Your Inner Critic After Baby: Working with Shame, Compassion &amp; 'Good Parent' Narratives</b><br/><br/>Tuesday 22<sup>nd</sup> September<br/>10am - 12pm<br/>\$10</div> |

For more information & to register  
Scan the QR code  
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