

Timetable

21 SUDBURY RD
MIRRABOOKA

EXTERNAL
LOCATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Mum's Group Ishar Meeting Room 10:30am - 12:00pm April 23rd-June 18th</p>	<p>Carers Group Upstairs at Ishar 10:30am - 12:30pm</p> <p>WOMN Support Group Upstairs at Ishar 1:00pm - 3:00pm</p>	<p>Mother Baby Nurture Support Group Ishar Meeting Room 10:00am - 12:00pm</p>	<p>EmpowerHer Youth Program Upstairs at Ishar 4:00pm - 6:30pm</p>
	<p>Mums & Bubs Group Ishar Cannington 31 Manning Road, Cannington Fortnightly from April 15th 10:00am - 11.30am</p> <p>Women's Group 3/22 Franklin Lane Joondalup 10:00am - 1:00pm</p> <p>Women's Parenting Group (BUGK) Armadale Library 10 Orchard Avenue, Armadale shop 64 inside shopping centre 10:00am - 1:30pm</p> <p>Embrace - African Women's Mental Health Project (Held with various communities; contact Ishar for more info)</p>	<p>Carers & WOMN Support Group Ishar Cannington 31 Manning Road, Cannington 10:30am - 12:30pm</p> <p>Women and Children Group Agonis Community Centre, Lyal Richardson Hall, Gosnells 10:00am - 1:30pm</p>		<p>Women's Parenting Group (BUGK) Agonis Community Centre, Lyal Richardson Hall, Gosnells 10:30am - 1:30pm</p>	<p>Women and Children Group Herb Graham Centre Mirrabooka 10:00am - 1:00pm</p> <p>Sewing Seeds Program Room MMC2, Herb Graham Centre, Mirrabooka 10:00am - 1:00pm</p> <p>English Classes (SETS) Room MMC3, Herb Graham Centre, Mirrabooka 10:00am - 1:00pm</p> <p>Women's Zumba Classes Belmont Resource Centre 39 Elizabeth St, Cloverdale 11:00am - 11.30am</p>

Please see the descriptions of the services below for more information

Services Descriptions

Psychology & Counselling

Psychological therapy & counselling.

Mental Health Care Plan from GP required for Bulk Bill to Medicare.

Counselling services are free.

Available at Ishar by Appointment

Women's Health

Female GPs are available for issues regarding female reproductive health, sexual health & antenatal care.

Services include cervical screening, breast checks, contraception, & more.

Bulk Bill to Medicare.

Available at Ishar by Appointment

Dietitian

Dietary advice provided, services include healthy eating plans, as well as advice on diabetes, heart health, cholesterol, blood pressure & nutrition.

Bulk Bill with GP Plan or \$10 Fee

Available at Ishar by Appointment

Perinatal Clinical Services

Pregnancy, childbirth, & perinatal support & education. Services include; Antenatal shared care with the hospital, health information, individual consultations, childbirth & postnatal education, home visit after you have had the baby & "Mum's Group"

Available at Ishar by Appointment

Perinatal Mental Health Services

A support service for pregnant women and new mothers, including individual advocacy, a perinatal psychologist and a Mother Baby Nurture group. The service provides practical and mental health support, activities and information about parenting and self-care

Contact info@ishar.org.au for more information

Domestic Violence Support Services

Individual advocacy for women experiencing FDV, including social work and therapeutic groups.

Contact info@ishar.org.au for more information and to get in touch with our FDV advocacy team.

Available at Ishar by Appointment

Women's Support & WOMN Groups

Various women's groups, parenting groups and WOMN (Women Of Many Nations) Group. For women to socialise and participate in skills development activities, information and workshops on parenting, relationships, mental health, welfare, and physical health

Contact info@ishar.org.au for more information

Carers Support Program

The Carer Support Program offers a range of support from counselling, social work and case management, to organising outings and events. The program also offers respite, home visiting and group therapy.

Available at Ishar by Appointment

Settlement, Engagement & Transition Services

Case Work Assistance & information with settlement issues for newly arrived humanitarian refugees living in Australia for 5 or less years, including: housing, education, employment, settlement, citizenship, financial referrals, & Centrelink services.

Available at Ishar by Appointment

Youth Services

Ishar Youth Services provides support to women between the ages of 14-25 who are experiencing or have experienced sexual assault or domestic violence. The service offers individual advocacy, counselling, education and outreach.

Available at Ishar by Appointment