PALMERSTON GROUPS

Palmerston
Improving your wellbeing

LOCATIONS	Mon	Tues	Wed	Thu	Fri	Sat
ONLINE GROUPS				LGBTIQ+ SMART (ONLINE) 3.00pm-4.30pm SMART (ONLINE) 6.00pm-7.30pm	SMART (ONLINE) 2.00pm-3.30pm	
ALBANY			SMART 5.30pm-7.00pm	A STEP FORWARD (by referral) 10.00am-3.00pm	ART GROUP 12noon-2.00pm	
ARMADALE					YARNING 1.00pm-2.00pm	SMART 10.30am-12noon
BUNBURY		SMART 5.30-7.00pm	SMART 12.30pm-2.00pm		SMART Family & Friends 12.00noon-2.00pm	
FREMANTLE		WELL WOMEN 9.30am-11.30am SMART 10.30am-12noon ON TRACK (by referral) 1.00pm-2.30pm	SMART 6pm-7.30pm	ROAD TO RECOVERY 10.30am-11.30am		PARENT & FAMILY SUPPORT GROUP 10.30am-12noon
MANDURAH		ROAD TO RECOVERY 10.30am-11.30am SMART 6.00pm-7.30pm PARENT AND FAMILY SUPPORT GROUP 6.00pm-7.00pm		SMART 10am-11.30am	FAMILY SUPPORT (first Friday of month) 10.30am-11.30am	
PERTH		SMART 2.00pm-3.30pm			SMART 10.00am-11.30am	
ROCKINGHAM	SMART 6.00pm-7.30pm		ON TRACK (by referral) 10.00am-11.30am	ROAD TO RECOVERY 10.30am-11.30am	SMART 10.00am-11.30am	
THORNLIE	SMART 10.00am-11.30am ON TRACK (by referral) 1.00pm-3.00pm		ROAD TO RECOVERY 10.30am-11.30am SMART 6.00pm-7.30pm			

As at May 2025