



## Wungening Aboriginal Corporation

Healing Aboriginal Peoples:  
Mind, Body and Spirit



# Higher Ground

Higher Ground is a program of mindfulness. It is a journey of self-discovery that will assist you to achieve a deeper level of understanding about yourself and why you behave the way you do. By heightening your self-awareness you can gain back self-control, be more aware of your reactions to triggers and become empowered with the mental fortitude to endure addiction related urges that could potentially lead to a relapse.

## Where?

211 Royal Street, East Perth

## When?

Tuesday, Wednesday, Thursday

10:00am – 12:30pm

## Our Vision

Our vision is a healthy, safe, strong and

## **Emergency Phone Numbers**

### **Alcohol and Drug Support Line**

08 9442 5000

### **Parent and Family Drug Support Line**

08 9442 5050

### **Health Direct (24 hours Service)**

1800 022 222

### **Mental Health Line (24 Hour Service)**

1300 555 788 or 1800 676 822

### **Crisis Care**

08 9223 1111 or 1800 199 008

## **Contact Us**

211 Royal Street, East Perth WA 6004

PO Box 8105 Perth Business Centre WA 6849

Ph: 08 9221 1411

Fax: 08 9221 1585

Web: [www.wungening.com.au](http://www.wungening.com.au)

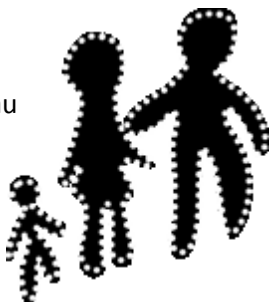
Email: [mail@wungening.com.au](mailto:mail@wungening.com.au)

## **Open Hours**

Monday - Friday

9:00am - 4:00pm

Appointments welcome outside business hours. Please speak to a counsellor to arrange appointments.



**ALL OUR SERVICES ARE CONFIDENTIAL**