



**Our Centre is a safe space for women.
Male relatives and friends are requested to
wait downstairs**

Our services

- Information & referral
- Casework for complex issues
- Generalist counselling
- Child and adolescent trauma counselling
- Health promotion
- Dietitian
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor
- Psychologist



The Centre has a Covid safety plan in place:

All staff and clients are to follow the BWHC safety procedures by :

waiting downstairs 1.5 m apart, a practitioner or facilitator will meet you to complete a new client registration, and sign in, sanitize, monitor temperature and record, and direct you to upstairs or the group room.

Keep 1.5 m distance, only 13 people approved to meet in meeting rooms at one time

**Our vision is an empowered
community, which values and supports
the health and wellbeing
of all women and their families**

Sign up for our eNewsletter

If you want to receive our eNewsletter with news and updates about all our classes, groups and other activities, simply email us at
swslhd-bankstownwomenshealthcentre@health.nsw.gov.au



***Children may not attend any services,
groups or activities unless stated.
For safety reasons, children must be
accompanied at all times and cannot wait alone in the
waiting room while
you attend an appointment***

Fees & charges

Most of our groups, workshops & activities are provided free of charge. Some classes charge a fee to cover the cost of hiring the facilitator.



**Groups, Classes &
Workshops**

Term 4 2020

**12th October 2020
To
11th December 2020**



**is a safe space for women
and wheelchair accessible**

Level 1, 24-26 Jacobs Street
Bankstown 2200

Tel: 9790 1378
www.bwhc.org.au

www.facebook.com/bankstownwomen

Email: swslhd-bankstownwomenshealthcentre@health.nsw.gov.au

MONDAYS

Active Women

9:30 am –10.30 am (Free)

Improve your Health and Wellbeing, Stay active and Healthy. Meet others

- Social group
- Gentle Exercise



Leadership Program 10.30am - 3pm 16 November to 7 December 2020

- Computer skills
- Social media skills
- Active volunteer training:
 - Introduction to volunteering, communicate effectively in the workplace
- Undertake a project or /and manage personal development
- Provide leadership to teams and individuals
- Workplace Health and Safety including Manual lifting

Call us to enrol

TUESDAYS

Healthy Lifestyle Group and 30 minute personal training session

11.00am-12 :30 pm (Free)

Dietician: Renee

Supporting and promoting healthier lifestyles for women who have, or who are at risk of developing, chronic health conditions. This term incorporates the plan to plate project which entails education/ information on healthy eating, and cooking demonstrations . Topics include:

- Diabetes
- Cholesterol
- Heart disease / blood pressure
- Healthy food & lifestyle choices
- Receive a large food hamper at end of program

Call us to Enrol



THURSDAYS

FOOD SHARE

FREE FOOD!

**Last day 10th December reopens
Thursday 14 January 2020**

*Eat well, live well (contribution \$2)
Our aim is to support families in gaining access to healthy and nutritious food.*



EVERY THURSDAY : Ring and Book an appointment Must be over 18 and live in the Canterbury Bankstown LGA
call : (97901378)

**Have your say Day,
Xmas Celebration, end of year celebration**

Wednesday 16th December 2020

