



**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 1 2021

**1st February 2021
To
26th March 2021**



**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

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



Active Volunteering National Qualification Certificate 111

Free

Call us to enrol and Register Now

Valued at an average Course Fee of \$2,490

This qualification reflects the role of people working in a volunteer capacity across a range of industries and organisations in a variety of contexts.

At this level, work takes place under the direction of others and supervision may be direct or indirect. Volunteers may also be required to lead volunteer teams and have limited responsibility for the output of others within a project or event.

Organisations may require volunteers to undergo relevant background checks

TUESDAYS

Craft and Activities: To be confirmed

9.30am—12.30 (Free)

Opportunity to meet and connect with other women from the community, opportunity to socialize and enjoy some fun activities. Further information will be provided
Call to enroll

WEDNESDAYS

General Yoga (\$10 per session)

9.30am—10.30am

Facilitator: Anna

Improve your Health , improve your flexibility, build muscle and strength, meet other women. Call to enroll

WEDNESDAYS

Healthy Lifestyle Group and 30 minute personal training session

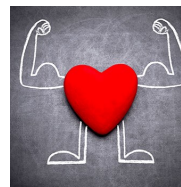
11.00am - 12 :30 pm (Free)

Facilitator by Dietician: Renee

Supporting and promoting healthier lifestyles for women who have, or who are at risk of developing, chronic health conditions.

Healthy eating sessions, Zumba and exercise sessions. Nutritional education include:

- Diabetes
- Cholesterol
- Heart disease / blood pressure
- Healthy food & life-style choices



THURSDAYS

FOOD SHARE

FREE FOOD!

Last day 16th December 2021.

Re-open Thursday 13th January 2022

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 - Mondays and Thursday 9.30am-12.30pm . Must be over 18 and live in the Canterbury Bankstown LGA
Call (02) 97901378

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

Wednesday 22nd December 2021

