



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

Our services

- Information & referral
- Casework
- Generalist counselling
- Child and adolescent trauma counselling
- Health promotion
- Dietitian
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor
- Psychologist
- Women's Health physiotherapist
- Specialist DV caseworkers (Vietnamese and Arabic speaking)



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 12 people approved to meet in group 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: [SwsIhd-bankstownwomenshealthcentre](mailto:swslhd-bankstownwomenshealthcentre)

MONDAYS

Active Women

9:30am - 10.30 am (Free)

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

- Social group
- Gentle Exercise



Volunteer and Leadership Workshop

10.30am - 2.30pm (free) starts 1/3/21 to 29/3/21

- Learn new skills
- Social media
- Workplace health and safety
- Provide leadership

Bring your own Lunch

Active Volunteering National Qualification

Certificate III (free)

10.30am - 2.30pm starts 3/5/21 to 18/11/21

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

Call us to enrol and Register Now

(Valued at an average Course Fee of \$2,490 but FREE at BWHC)

TUESDAYS

Vietnamese Women's Group

9.30am - 11.30am (Free)

Improve your Health and wellbeing

- Yoga
- Morning tea
- Social connections, meet other women from the community
- Self care and wellbeing practice
- Information and workshops

Arabic Women's group

11.30am - 1.30 pm (Free)

Improve your Health and wellbeing

- Craft (beading, jeweller, art)
- Morning tea
- Social connections, meet other women from the community
- Self care and wellbeing practice
- Information and workshops

Chinese Women's Group: To be confirmed

1.30pm - 3.30 pm (Free)

Improve your Health and wellbeing

- Tai Chi
- Morning tea
- Social connections, meet other women from the community
- Self care and wellbeing practice
- Information and workshops

Call us to enrol

WEDNESDAYS

General Yoga (\$10 per session)

9.30am - 10.30am

Facilitator: Faten

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

Call to enrol



WEDNESDAYS

Healthy Lifestyle Group and 30 minute personal training session

10.30am - 12 :00pm (Free)

Facilitator Dietician: Renee

Supporting and promoting healthier lifestyles for women who have, or who are at risk of developing chronic health conditions. Healthy eating sessions, Gym session, exercise, and nutritional sessions. Learn about:

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

THURSDAYS

FOOD SHARE FREE FOOD!

EVERY THURSDAY: Collection is only by appointment. You must ring on Monday or Thursday 9:30-12:30 to make an appointment Must be over 18 and live in the

Canterbury Bankstown area. Our aim is to support families in gaining access to healthy and nutritious food.

(Contribution \$2.00)



**Last day 16th December 2021.
Re-open Thursday 13th January 2022**



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

Wednesday 22nd December 2021