



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)
- Practitioners: Arabic Vietnamese and Tamil speaking



The Centre has a Covid safety plan in place:
All staff and clients are to follow the BWHC safety procedures by :
Checking in via a QR code or sign in, check temperature and sanitise upon entry to the centre

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 2 2021

19th April to 25th June 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@health.nsw.gov.au

MONDAYS

Active Women

9:30am - 10.30 am (Free)

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

- Social group
- Gentle Exercise



Active Volunteering National Qualification Certificate III (free)

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

12th April to 12th May is Ramadan - so there may be some slight variations to the timetable during this period

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)

What's Coming up : Contact the Centre and register

Learn Social media skills: an interactive workshop to cover a detailed overview of all popular social media platforms

Mothers day: Support the Girls morning tea:

12th May: 10-1pm This is just for you. A fun morning where you will have access to a range of free resources, such as feminine hygiene products, brand new bras and underwear . A morning tea is supplied.
Call us to register

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, jewellery, art)
- Morning tea
- Social connections, meet other women
- Self care and wellbeing practice
- Information and workshops

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.

Healthy Lifestyle Group and 30 minute and Personal training session (free)

**@ Wiley Park Public School
Denman Avenue Wiley Park**

19th May to 23rd June

1.15-2.40 pm (Free)

21st April - 12th may at our centre.(free)

To be confirmed depending on enrolments !

10.30am -12

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 towards transport)



*Last day of Foodshare for they year is 6th December 2021.
Re-open Thursday 13th January 2022*

**Have your say Day,
Xmas Celebration, end of year
celebration
Wednesday 22nd December 2021**

Tuning into teens (free)

Thursdays: Held at Birrong Boys High school. 20th May ,27th May,3rd June,10th June ,17th June (5 sessions)

Tuning into teens is program which is designed to support and help parents teach their teenage children to understand and express their emotions in healthy and positive ways. TINT helps parents recognise, understand and respond to their teenager's emotions, which in turn helps them manage their own emotions. Tuning into Teens offers a range of approaches and strategies developed through the idea of emotional intelligence.

Limited spaces

Call to enrol now 9790 1378 and speak with Greta