



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
- Specialist DV caseworkers (Vietnamese and Arabic speaking)
- Practitioners: Arabic and Vietnamese 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-bankstown-womenshealthcentre@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 3 2021

**12th July to
17th September 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-bankstown-womenshealthcentre@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

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

TUESDAYS

Vietnamese Women's Group (Online ZOOM)

9.30am - 11.30am (Free)

Improve your Health and Wellbeing

- Movement and mindfulness
- Social connections, meet other women from the community
- Self-care and wellbeing practice
- Information and workshops

Call BWHC for Zoom details and support.

BWHC Women's Group (Online ZOOM)

11.30am - 12.30pm (Free)

Improve your Health and Wellbeing

- Fitness and movement classes
- Social connections, meet other women
- Self-care and wellbeing practice
- Information and workshops

Call BWHC for Zoom details and support.

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 Personal training session (free)

12th July to 17th September (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 towards transport)**



LETS' TALK EVENT FREE

Wednesday

21st July 11-1.30pm

Lets talk about the social pandemic of domestic violence and what can be done !

Hon Bronnie Taylor ,Minister for mental health, regional women and youth

Hon Jason Clare ,shadow Minister for housing and homelessness

Key note speaker CEO Bankstown Women's Health Centre Mariam Mourad
Bass Hill Primary Out loud respect performance

Wiley Park school performance

Tree of hope for survivors

Light lunch

Contact the Centre or register on event brite on:

<https://www.eventbrite.com.au/e/lets-talk-tickets-157555788605>