

Free On line zoom groups
During school terms: term 4: 4th October
17th December 2021

Every TUESDAY

Vietnamese Women's Group

9.30am - 11.00am

Improve your Health and Wellbeing

- Intense Fitness (Zumba)
- Women's Health wellbeing information
- English and Vietnamese speaking facilitator

Call BWHC (97901378) and speak to Tara or Rima to register and receive the zoom details and support.



Every TUESDAY

Women's Group

11.30am - 12.30pm

Improve your Health and Wellbeing

- Gentle exercise, fitness
- Women's Health wellbeing information
- English and Arabic speaking

Call BWHC (97901378) and speak to Muzna or Rima to register and receive the Zoom details and support.

Free On line zoom groups
During school terms: term 4: 4th October
17th December 2021

Every WEDNESDAY

Yoga and Healthy Lifestyle Group

10 am - 11 am

Are you looking to improve your health and well-being ?

Are you at risk of developing chronic health conditions?

- General Yoga
- Information on nutrition and healthy eating
- Information and workshops
- English and Arabic speaking facilitator

Call BWHC (97901378) and speak to Rene or Rima to register and receive the Zoom details and support.



Social media skills workshop for beginners

Wednesdays: 2-3pm

3 November

10 November

17 November



Free on line zoom
123 Magic Parenting Program

Wednesdays:2-4pm

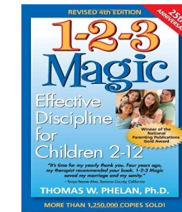
17th November

24th November

1st December

The primary target group for the program is parents of children in the pre-primary and primary school years. The 1-2-3 Magic and Emotion Coaching program aims to teach parents how to deal with their children's behavior by using an easy-to-use signaling system. The signaling system requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries and emotional competency. 1-2-3 Magic can also be used in classrooms by teachers to manage difficult behavior

Call BWHC (97901378) and speak to Milena or Rima to register and receive the Zoom details and support.



Have your say day and Xmas cheer!

14th and 15th December 2021

- Children's Xmas presents
- Women's Xmas presents
- Feedback surveys
- **Booked appointments only**

For Canterbury Bankstown residents only

Call BWHC (97901378) and speak to Rima to register make a booking time





9 September—17 Dec 2021

ALL our groups are FREE and ONLINE (Zoom)

Questions? Call (02) 9794 0150 or 0449 573 200 or email SWSLHD-FairfieldWomensHealthService@health.nsw.gov.au

Our Peaceful Garden (Bookings essential/limited spaces)

MONDAY: 10-11.30 am

Learn about the practice of mindfulness and creativity through gardening:

20 Sep, 11 Oct, 18 Oct, 15 Nov*, 22 Nov*, 29 Nov*

*may be held at our Cabramatta site, more info later

Join Zoom Meeting

[https://us06web.zoom.us/j/89822896069?](https://us06web.zoom.us/j/89822896069?pwd=T0hjYmV5aEplL09Ga2FwQTM3dStlZz09)

[pwd=T0hjYmV5aEplL09Ga2FwQTM3dStlZz09](https://us06web.zoom.us/j/89822896069?pwd=T0hjYmV5aEplL09Ga2FwQTM3dStlZz09)

Meeting ID: 898 2289 6069

Passcode: 3XECej

Funded by Mounties Club via Club Grants

We Care (Refugee Women) Project (Bookings essential/limited spaces)

MONDAY: 1-2.30 pm

Meet like-minded women over delicious morning tea, chat about health and wellbeing, and learn from expert speakers on:

25 Oct, 1 Nov*, 8 Nov*, 15 Nov*, 22 Nov*, 29 Nov*
6 Dec*

*may be held our Cabramatta site & local cafes, more info later

Join Zoom Meeting

[https://us06web.zoom.us/j/88168345838?](https://us06web.zoom.us/j/88168345838?pwd=SytoMOg1MIAOdE00aDZxTnRvN0hWdz09)

[pwd=SytoMOg1MIAOdE00aDZxTnRvN0hWdz09](https://us06web.zoom.us/j/88168345838?pwd=SytoMOg1MIAOdE00aDZxTnRvN0hWdz09)

Meeting ID: 881 6834 5838

Passcode: 6DYWPC

Funded by Cabra-Vale Diggers Club via Club Grants



Women's Lifestyle Groups (No booking needed)

Every THURSDAY from 14 Oct: 11-11.45 am

Strengthen your physical & mental health through:

- 9 Sep- Zumba
- 15 Sep (Wed)- yoga/gentle exercise
- 23 Sep- Zumba
- 14 Oct– Mindfulness meditation
- 21 Oct– Zumba
- 28 Oct– Mindfulness meditation
- 4 Nov– Zumba
- 11 Nov- Mindfulness meditation
- 18 Nov– Zumba
- 25 Nov- Mindfulness meditation
- 2 Dec– Zumba

Join Zoom on

[https://us06web.zoom.us/j/84718707703?](https://us06web.zoom.us/j/84718707703?pwd=dWQzbi8zNkRoWDZsQThlZ2hncOdRUT09)

[pwd=dWQzbi8zNkRoWDZsQThlZ2hncOdRUT09](https://us06web.zoom.us/j/84718707703?pwd=dWQzbi8zNkRoWDZsQThlZ2hncOdRUT09)

Meeting ID: 847 1870 7703

Passcode: 3fAVsT

Vietnamese Cultural Group

Every 2nd WEDNESDAY from 6 Oct: 10-11.30 am

Improve your health and wellbeing and cultural connections through:

- Traditional Yoga -Kaoshikii dance
- Information sharing, social support
- Health and wellbeing information and education
- English & Vietnamese speaking facilitator

Join Zoom on

[https://us06web.zoom.us/j/99512231888?](https://us06web.zoom.us/j/99512231888?pwd=akszYlBTdTBxWUNOTzFST0FmTWMrUT09)

[pwd=akszYlBTdTBxWUNOTzFST0FmTWMrUT09](https://us06web.zoom.us/j/99512231888?pwd=akszYlBTdTBxWUNOTzFST0FmTWMrUT09)

Meeting ID: 995 1223 1888

Passcode: 0000

Yoga and Healthy Lifestyle Group

Every WEDNESDAY from 6 Oct: 10-11 am

Please see details on the BWHC page.



COVID Workshops (Bookings essential/limited spaces)

Facilitated in Vietnamese:

11am -12.30 pm on Wed 29 Sep

11am -12.30 pm on Wed 27 Oct

Join Zoom on

[https://us06web.zoom.us/j/85881449819?](https://us06web.zoom.us/j/85881449819?pwd=OHIHM2RaV25iczg2VWVh4YjZOS3ZPQT09)

[pwd=OHIHM2RaV25iczg2VWVh4YjZOS3ZPQT09](https://us06web.zoom.us/j/85881449819?pwd=OHIHM2RaV25iczg2VWVh4YjZOS3ZPQT09)

Meeting ID: 858 8144 9819

Passcode: aaN9fx

Facilitated in English (for mixed cultural groups):

9.30-11am on Thurs 30 Sep

11am -12.30 pm on Wed 13 Oct

Join Zoom on

[https://us06web.zoom.us/j/87980221261?](https://us06web.zoom.us/j/87980221261?pwd=MTBuY1dWVFPjCUGNsYVW0zZzloVDNSQT09)

[pwd=MTBuY1dWVFPjCUGNsYVW0zZzloVDNSQT09](https://us06web.zoom.us/j/87980221261?pwd=MTBuY1dWVFPjCUGNsYVW0zZzloVDNSQT09)

Meeting ID: 879 8022 1261

Passcode: t0fcSq

Facilitated in Arabic:

10-11.30 am on Fri 8 Oct

10-11.30 am on Fri 15 Oct

Join Zoom on

[https://us06web.zoom.us/j/87980221261?](https://us06web.zoom.us/j/87980221261?pwd=MTBuY1dWVFPjCUGNsYVW0zZzloVDNSQT09)

[pwd=MTBuY1dWVFPjCUGNsYVW0zZzloVDNSQT09](https://us06web.zoom.us/j/87980221261?pwd=MTBuY1dWVFPjCUGNsYVW0zZzloVDNSQT09)

Meeting ID: 879 8022 1261

Passcode: t0fcSq

Funded via FECCA COVID Grant