



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

Our FREE services include:

- Information & referral
- Casework for complex issues
- Generalist counselling
- Child and adolescent trauma counselling
- Health promotion
- Dietitians
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor
- Psychologist
- Trauma Specialist (home visits for those with a mental health care plan from your GP, or a NDIS plan)



Disability service for women and girls include:

- Support co ordination
- Dietician
- Therapeutic supports, Occupational and Physiotherapy assessments
- Positive behaviour support plans *by trauma specialist*
- Trauma Specialist: home visits for those with a mental health care plan from your GP, or a NDIS plan
- Family support and parenting
- Domestic violence support
- Support co ordination

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

Our groups, workshops & activities are provided free of charge.



Groups, Classes & Workshops

Term 1 2022 program

7th Feb 22—8th April 22



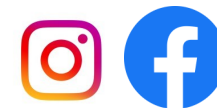
is a safe space for women and wheelchair accessible

Level 1, 24-26 Jacobs Street

Bankstown 2200

Tel: 9790 1378

www.bwhc.org.au



Bankstownwomenshealthcentre

**Email: SWSLhd-
bankstownwomenshealthcentre@health.nsw.gov.au**

MONDAYS

Active Women

9:30am - 10.30 am (Free)

Improve your Health ,wellbeing, and fitness level.
Stay active and Healthy

- Meet others
- Social group
- Gentle Exercise



Social Media Skills For beginners

11.30-12.30 (free)

- Learn basic zoom functionality
- Safety and risks
- How to access on line learning or Information

Date to be advised



For all groups programs and activities please ring to register to ensure your spot. 97901378

TUESDAYS

Women's Group

10.30 am - 12 pm (Free)

Improve your Health and wellbeing

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

Women's Group

12 pm- 1.30 pm (Free)

Improve your Health and wellbeing

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

WEDNESDAYS

Healthy Lifestyle Group

Outreach in the Canterbury Bankstown LGA

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
- Arabic speaking Dietician

For all groups programs and activities please ring to register to ensure your spot. 97901378

THURSDAYS

FOOD SHARE FREE FOOD!

9am—3.00pm

Our aim is to support families in gaining access to free healthy and nutritious food on a weekly basis .

This program is for those who live and work in the Canterbury Bankstown Local Government area.

Collection is only by appointment. You must ring on Monday or Thursday mornings 9:30-12:30 to make an appointment

(Contribution of \$2.00 towards transportation costs only)



For all groups programs and activities please ring to register to ensure your spot. 97901378