



**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
- Bilingual Dieticians
- Allied health and Therapeutic supports,
- 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
- Teen Hubs

**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

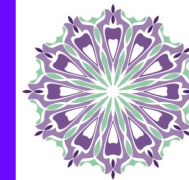
Our groups, workshops & activities are provided free of charge.



## Groups, Classes & Workshops

### Term 2 2022 program

**Monday 2nd May to  
Friday 1st July 22**



**Bankstown  
women's  
health centre**

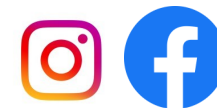
**is a safe space for women  
and wheelchair accessible**

Level 1, 24-26 Jacobs Street

Bankstown 2200

**Tel:** 9790 1378

**www.bwhc.org.au**



**Bankstownwomenshealthcentre**

**Email: [SWSlhd-bankstown-womenshealthcentre@health.nsw.gov.au](mailto:SWSlhd-bankstown-womenshealthcentre@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



## EVENTS Coming up :

### LetsTalk Event

@Bankstown Sport Club theatre  
Free 9th July 11-1.30

Lets talk about Domestic Violence and health relationships ! What can we do ?

*Hon Natalie Ward MLC Minister s women's safety and prevention of domestic and sexual violence*

*Entertainment*

*Non Jason Clare*

*Wiley Park School*

*Out loud respect program*

*Tree of Hope*

*Lunch*

### Mothers Day Support the girls:

Free 4th May 9am –12

*Bringing women together where they can chat, have a cup of tea and connect with their fellow community members., and receive a fitted bra from Support the girls*

*Morning tea*

*Free fitted bras*

*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—12.30pm

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*