



**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 , behaviour support Practitioner (home visits for those on 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*
- Family support and parenting
- Domestic violence support

**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

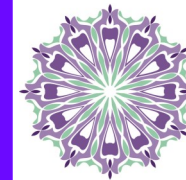
Our groups, workshops & activities are provided free of charge.



## Groups, Classes & Workshops

### Term 3 2022 program

**Monday 18th July to  
Friday 23 September 22**



**Bankstown  
women's  
health centre**

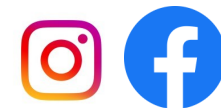
**is a safe space for women  
and wheelchair accessible**

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, walking group
- Health education



### Bringing up Great Kids

10.45-12.45 (Free) 7 sessions, each Monday  
Starts 8th August—19th September  
Ring or email to register Now !

The program uses mindfulness and reflection to assist parents in examining and improving their communication and exchanges with their children so that they may foster more respectful and positive interactions, which support children's development and positive identity. Works to address the sources of parents' negative or unhelpful attitudes

Parents, Carers, Grandparents of children aged 0-12.



## TUESDAYS

### Women's Group

10.30 am - 12 pm (Free)

Improve your Health and wellbeing

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



## EVENT Coming up Let's Talk Event

@Bankstown Sports Club Theatre

Free 19th July 11-1.30

Let's talk about Domestic Violence , the social pandemic, ! What can we do ?

*Hon Natalie Ward MLC Minister for Women's Safety and Prevention of Domestic and Sexual Violence*

*Hon Jason Clare MP Shadow Minister for Housing and Homelessness*

*Entertainment  
Wiley Park Public School  
Outloud RESPECT program  
Tree of Hope  
Lunch*

## THURSDAYS

### FOOD SHARE FREE FOOD!

9am—12.30pm (Contribution of \$2.00 towards transportation costs only )

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**



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