



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
- behaviour support practitioner
- NDIS (home visits for those on a NDIS plan)



Disability service for women and girls include:

- Support co ordination
- Bilingual Dietitians
- 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 1 2023 program

**Monday 6th Feb to
Friday 7th April 2023**

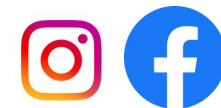


**is a safe space for women
and wheelchair accessible**

Level 1, 24-26 Jacobs Street

Bankstown 2200

Tel: 9790 1378



www.bwhc.org.au

Email: sWSLhd-bankstown-womenshealthcentre@health.nsw.gov.au

MONDAYS

Certificate IV Disability National qualification –Free

Starts 6th Feb 23

Every Monday 9.30 -3pm

- CHC43115 National qualification provided by RTO Vital training solutions RTO 91618
- Commitment required for approx.5 months
- National qualifications in a small supportive women's only groups, rewarding career opportunities
- Work school hours, and hours you choose
- Supportive work placement hours offered
- Potential employment opportunities
- Learn how to set up your own business in the disability or the aged care sector

Free Tuning into Teen (TINT) for parents @ Belmore Youth Centre –Free

38-40 Redman Parade Belmore Suitable for parents, carers, grandparents —designed to support and help parents teach their teenage children to control, understand and express their emotions in healthy and positive ways TINT help parents recognise, understand and respond to their teenagers emotions

7th, 14th, 21st and 28th February, 7th March 2023,
1st Feb 2023 (6-8 pm 5 week program)



TUESDAYS

Women's Group– Free

10.30 am - 12 pm

Improve your Health and wellbeing

- Vietnamese /English speaking facilitator
- Stretching and Zumba
- Improving your social connection and meeting other women from the community
- Self-care and wellbeing practice
- Information and work-shops



WEDNESDAYS

Active Women –Free

9.15 -10.15am

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

- Meet others
- Social group
- Gentle Exercise, walking group
- Health education



Supported Playgroup –Free

Karitane and Creating Links ph: 9754 2655.

10.30am– 12.30 pm

Supported playgroup for families to develop skills strategies and support for parenting and child development challenges

Fitness for Women - Free

1.15 -2.45pm

Improve your physical and nutritional fitness

- 45 minutes Fitness training by professional trainer
- 45 minutes of Nutritional information by BWHC accredited practicing Dietician



THURSDAYS

FOOD SHARE FREE FOOD!

9.30 am—12.pm (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 by appointment only. You must ring on Monday mornings 9:30-12:00 to make an appointment for collection Thursdays



January Holiday Art with Amani Haydar

An Archibald prize finalist

Learn how to be creative, and express yourself through art with Amani Haydar

Register now 9790 1378 limited spaces

- 6 morning sessions
- 16th January mon
- 18th January wed
- 23rd jan mon
- 25th jan wed
- 30th jan Monday
- 1st feb Wednesday



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