



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



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
- NDIS (home visits for those on a NDIS plan)

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 e-Newsletter with news and updates about all our *free* classes, groups and other activities, simply email us at

sWSLhd-

bankstownwomenshealthcentre@health.nsw.gov.au
Or go to our website www.bwhc.org.au and register to receive the newsletter



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 2023 program

**Monday 24th April to
Friday 30th June 2023**

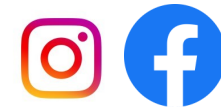


**is a safe space for women
and wheelchair accessible**

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

Returns Monday 24th April 23

Every Monday 9.30 am-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



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



Changing Lives Keep

Your Balance

12.30am—2.30pm

2nd May 23 to 13th June 7 week program

Improve your health and knowledge

- Dealing with stress
- Chinese speaking facilitator
- Making changes
- Mental health and wellbeing
- Effective communication
- Being in control

MOTHERS Day Morning Tea Tuesday 9th May 23

10-am -12pm

- Gift Bags
- Guest speakers
- Morning tea
- Exercises
- Activities

Register via email or phone see front brochure



WEDNESDAYS

Active Women –Free

9.30am -11 am YOGA

Improve your Health ,wellbeing, and fitness level. Yoga balance workout . Increased flexibility,muscle strength and tone.

- improved respiration, energy and vitality.
- maintaining a balanced metabolism.
- weight reduction, and balance workout
- At your own pace
- cardio and circulatory health.
- improved athletic performance.
- protection from injury

- Health information and education

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 pm to make an appointment for collection on Thursdays

