



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

**Our no cost services include:**

- Information & referral
- Casework and support for issues
- Generalist counselling
- Child and adolescent trauma counselling
- Health promotion
- Dietitians
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor



**Disability service for women and girls include:**

**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](http://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.

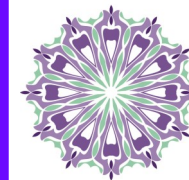


**Groups, Classes & Workshops**

**Term 3 2023 program**

**Monday 17th July**

**Friday 22nd September 2023**

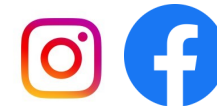


Bankstown  
**women's**  
health centre

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

Level 1, 24-26 Jacobs Street  
Bankstown 2200

**Tel:** 9790 1378



[www.bwhc.org.au](http://www.bwhc.org.au)

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

## MONDAYS

### Certificate IV Disability National qualification –Free

Returns Monday 17th July23

Every Monday 9.30 am-3pm

- CHC43115 National qualification provided by RTO Vital training solutions RTO 91618
- 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
- Fitness
- Improve your social connections with other women from the community
- Self-care and wellbeing practice
- Information and workshops



## 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. (9.30-yoga,10.15 guest speakers)

- Improve your respiration, energy and vitality.
- Maintain a balanced metabolism.
- weight reduction, and balance workout
- At your own pace
- cardio and circulatory health.
- improved your 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**

