



**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
- Dietitian
- Clinical Psychologist
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor



**Our Vision**  
That the Canterbury and Bankstown Local Government areas value and support 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**

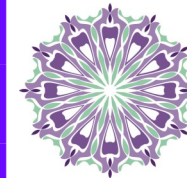
Our groups, workshops & activities are provided free of charge.



**Groups, Classes & Workshops**

**Term 3 2024 program**

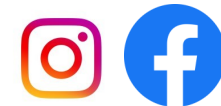
**Monday 22nd July 2024  
to Friday 27th September  
2024**



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**  
Intermediate Pilates – Free

**9.30am – 10.15am Pilates with Judy**

Improve your health and fitness levels. Facilitated by our experienced Pilates teacher. Pilates workout for overall health.  
Suitable for intermediate fitness.

**TUESDAYS**  
Women's Group – Free

**10.30am – 12pm Dance Fitness with Judy**

Improve your health, social connections, and Womens Health knowledge. Suitable to medium fitness level.

**WEDNESDAYS**  
Active Women – Free

**9.30am – 11am YOGA with Faten**

Improve your wellbeing and core balance, women's health knowledge. Yoga balance workout. Increase your flexibility, muscle strength and tone.

*Conditions*

*You must register for our free groups at the beginning of each term and commit to attending the term.*

*You can access 2 terms of free groups and activities, and then step aside to allow other women access*

*You may access one group per week, arrive on time and stay for the duration of the group, so as not to interrupt the group*

*Must live or work in the Canterbury Bankstown LGA*

**Speak to a caseworker, or our intake and referral officer to determine the most suitable group for you  
97901378**

**Happy Dad parenting program – free**

**Happy Dad Parenting Program**

The Happy Dad Parenting Program aims to provide fathers with courses and workshops around mental health, wellbeing, and how you support your children into adulthood.

**ABOUT OUR 5 WEEK PROGRAM**

- Location: Wiley Park Public School in the Community Room
- Friday: 9/8, 16/8, 23/8, 30/8, 6/9
- from 9:15-11:15 am
- Light refreshments provided

**Presented by Professional Mental Health Occupational Therapist Dr Yaser Mohammad**

**Week One** - An introduction to mental health and its impact on relationships

**Week Two** - Coping with past and current trauma or stress

**Week Three** - Balancing work, family life, and self-care

**Week Four** - Self-Care And Moving Forward.

**Week Five** - Feedback and Evaluation

**Please Register By Contacting**

Lia Gioulis  
Tel: 97500144  
Email: [lia.gioulis@det.nsw.edu.au](mailto:lia.gioulis@det.nsw.edu.au)

Funded by South Western Sydney Local Area Health District

**THURSDAYS**  
Food Share – Free Food!

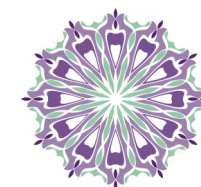
**9.00am – 12.00pm**

**(Contribution of \$2.00 towards transportation costs only)**

**Bookings only: Ring on Mondays for Thursday collection**

Our aim is to support families in gaining access to free healthy and nutritious food when experiencing financial hardship.

*Conditions : Collection is by appointment only. You must ring on Monday mornings 10-11 am to make an appointment for collection Thursdays. You must live or work in canterbury Bankstown LGA*



**Bankstown women's health centre**