

OUR CENTRE IS A SAFE SPACE FOR WOMEN.
MALE RELATIVES AND FRIENDS ARE
REQUESTED TO WAIT DOWNSTAIRS.

Our FREE 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



Registrations are essentials to attend our
groups, classes and workshops.

FUNDED BY



South Western Sydney
Local Health District



The Canterbury and Bankstown
Local Government areas value and
support the health and wellbeing of
all women and their families.

Children may not attend any services, groups or
activities unless stated. Children must be
accompanied at all times and cannot wait alone
in the waiting room while you attend an
appointment.

STAY IN TOUCH



Via Newsletter

To receive our e-Newsletter with news
and updates about all our free classes,
groups and other activities, simply email
us at [swwld-
bankstownwomenshealthcentre@health.
nsw.gov.au](mailto:swwld-bankstownwomenshealthcentre@health.nsw.gov.au) Or via our website
www.bwhc.org.au to subscribe to our
newsletter.



Via Social Media



CONTACT US! 9790 1378

TERM 4 2024 PROGRAM

MONDAY 14 OCTOBER 2024 - FRIDAY 13TH DECEMBER 2024



TERM 4 GROUPS, CLASSES & WORKSHOPS

We are a safe space for women and have a
wheelchair accessible facility.



LEVEL 1, 24-26 JACOBS STREET, BANKSTOWN

TEL: 9790 1378

WWW.BWHC.ORG.AU

[SWSLHD-BANKSTOWN-
WOMENSHEALTHCENTRE@HEALTH.NSW.GOV.AU](mailto:SWSLHD-BANKSTOWN-WOMENSHEALTHCENTRE@HEALTH.NSW.GOV.AU)

Monday

Mindfulness program - Free

10.30-12.30pm

Learn to manage stress & have a more balanced lifestyle? By senior Psychologist Hend Saab.

5 sessions / 4/11, 11/11, 18/11, 25/11 and 30/11 2024

Tuesday

Women's Group – Free

10.30am – 12pm

Dance Fitness with Judy

Improve your health, social connections, and Women's Health knowledge with our social worker Tara Tran. Suitable to medium fitness level.

Tuning Into Teens – Evenings

6pm–7.30 pm

For parents and carers of 9–18 years children led by our Child and Adolescent Trauma Counsellor Justine Finlay.

4 sessions/ 22/10, 29/10, 5/11, 12/11 2024

Wednesday

Active Women – Free

9.30am – 11am

YOGA with Faten

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

Thursdays

FOOD SHARE - FREE FOOD!

10am – 12pm

Contribution of \$2.00 towards transportation costs only). Bookings only: Ring on Mondays for Thursday collection.

WALKING GROUP

9.30-10.30

40 min walk and Nutritional health information delivered by accredited practicing Dietician Renee Bechara

MUMS AND BUBS YOGA AND PLAYGROUP

1pm – 2.30pm

0-1 YEARS OLD

Starts 17/10.

After Yoga stay for a play session with your Bub and meet other Women to connect with.

ART AND STORYTELLING WORKSHOP SERIES FOR WOMEN - FACILITATED BY AMANI HAYDAR

Thursday 11am – 1pm – starting 17th October 2024

8 week program, Bankstown Arts Centre, Olympic Pde Bankstown



Come And Join Us For The

BWHC ANNUAL GENERAL MEETING

MONDAY 18TH NOVEMBER 2024

TIME : 5.30PM - 6.30PM

LOCATION: 24-26 JACOBS STREET, BANKSTOWN

Special Meeting for Board Members: 6.30pm

Light dinner will be provided

Please **RSVP by the 11th November** to:

swhld-banktown-

womenshealthcentre@health.nsw.gov.au

Or contact the Centre on: (02) 9790 1378

CONTACT US TO REGISTER YOUR INTEREST FOR ANY OF OUR WORKSHOPS!

9790 1378

**HAVE YOUR SAY DAY AND XMAS PARTY
10 DECEMBER 9.30AM– 12PM**

Come along to our Morning tea.

Stretching and exercise

Gifts especially for you.

Children's gifts.

Presentations.

BOOKINGS ESSENTIAL 97901378

AS LIMITED SPOTS AVAILABLE



What else is happening this term?



Bankstown
women's
health centre



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: Belmore Boys High School, 193 Burwood Rd, Belmore NSW 2192
- Tuesday: 22/10, 29/10, 5/11, 12/11, 19/11 from 6-8pm
- 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**

**Ms Manal
Sabbagh
Tel: 97582800**