

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 essential 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 swslhd-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 1 2025 PROGRAM

**MONDAY 10 FEBRUARY 2025 TO
FRIDAY 11 APRIL 2025**



**BANKSTOWN
WOMEN'S
HEALTH CENTRE**

TERM 1 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

Monday

Women's Group – Free

10.30am – 11.30am Pelvic Floor Health

Join us for a physiotherapist-led workshop to learn essential pelvic floor exercises and their role in supporting women's health.

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. Suitable to medium fitness level.

Wednesday

Active Women – Free

9.30am – 11am YOGA with Faten

Improve your wellbeing and core balance, women's health knowledge with Social Worker Muzna. 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.

First Monday to call for Food share is on 13.01.25

MUMS AND BUBS YOGA AND PLAYGROUP 1.15pm - 2.30pm 0-1 YEARS OLD

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



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

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