

EVENTS

FREE

NAIDOC WEEK EVENT WEDNESDAY 9TH JULY 2PM - 4PM

Join us for an afternoon of connection, creativity and culture as we come together to celebrate NAIDOC Week 2025.
Free event + painting + afternoon tea provided.

WOMEN'S HEALTH WEEK TUESDAY 2ND SEPTEMBER 2PM - 4PM

POTTERY WORKSHOP WITH BUNNINGS WAREHOUSE!

Empower Yourself. Join us for a day of inspiration, leadership, and wellbeing.
Free gift bag + lunch provided.



GIRLS PAMPER DAY TUESDAY 23RD SEPTEMBER 3.30PM - 5.30PM

Are you a Tween or Teen or know someone who would love a pamper day?
Give us a call to express your interest.

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

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 3 2025 PROGRAM

MONDAY 22 JULY 2025
THURSDAY 25 SEPTEMBER 2025



TERM 3 GROUPS, CLASSES & WORKSHOPS



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



LEVEL 1, 24-26 JACOBS STREET, BANKSTOWN

TEL: 9790 1378

WWW.BWHC.ORG.AU

SWSLHD-BANKSTOWN-WOMENSHEALTHCENTRE@HEALTH.NSW.GOV.AU

FUNDED BY



South Western Sydney
Local Health District





MONDAY
9.30 AM - 2.30 PM

FREE Certificate III in Business
A National Free qualification for
women
at BWHC.



TUESDAY
Women's Group
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 all fitness levels.



TUESDAY
9AM - 11AM
FITNESS FOR WOMEN
(LOW INTENSITY EXERCISES)

29.07.2025, 05.08.2025, 12.08.2025

@

Bass Hill Public School with our
Dietitian Renee Bechara
Open to all



BANKSTOWN
WOMEN'S
HEALTH CENTRE



WEDNESDAY

Active Women
FREE Yoga
9.30AM - 11AM

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

THURSDAY

FOOD SHARE
10am - 12.15pm
FREE PANTRY STAPLES & FOOD!

Contribution of \$2.00 COIN.

Bookings only

Ring on Mondays between
10am - 11am
for collection.

THURSDAY



Walking Group
10 am - 11 am
Starting 31 July 2025

Join us for a weekly walk and chat all
things women's health with our
Dietitian & Health Promotion Officer,
Renee Bechara. Improve your
wellbeing, stay active, and connect
with others in a supportive space.
All women welcome!

THURSDAY



Mums and Bubs Yoga
0-1 YEAR OLDS
1PM - 2.30PM

Improve your wellbeing and core
balance, women's health
knowledge with our Child and
Adolescent Trauma Counsellor
Justine Finlay. Yoga balance
workout. Increase your flexibility,
muscle strength and tone.