

Leadership Program

13th and 15th May 2019.

(Cancer Council): Cancer support group leadership training workshop for Arabic and Vietnamese mentors. Ring BWHC to register

Tuning into Teens:

Dates to be advised

Would you like to learn how to:

- Be better at talking with your teen
- Help your teen learn to manage their emotions
- Help prevent behaviour problems in your teens
- Teach your teen to deal with conflict

Facilitated at Birrong High School Ring BWHC and register. Spaces filling quickly



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

Our services

- Information & referral
- Casework for complex issues
- Generalist counselling
- Child sexual assault counselling
- Health promotion
- Dietitian
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor
- Psychologist

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 eNewsletter with news and updates about all our classes, groups and other activities, simply email us at

sWSLhd-
bankstownwomenshealthcentre@health.nsw.gov.au



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

Most of our groups, workshops & activities are provided free of charge. Some classes charge a fee to cover the cost of hiring the facilitator.



Health
South Western Sydney
Local Health District



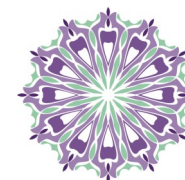
Groups, Classes & Workshops

Term 2 2019

29th April 2019

To

5th July, 2019



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

www.facebook.com/bankstownwomen

Email: SWSLhd-bankstownwomenshealthcentre@health.nsw.gov.au

MONDAYS

Active Women

9:30 am –10.30 am (Free)

Improve your Health and Wellbeing, Stay active and Healthy. Meet others

- Social group
- Gentle Exercise



Wellness for Women

10.30am-1pm (Free)

For Women who have experienced Cancer or have a family member or a friend who have been affected by Cancer
Facilitator: Juliette

- Arabic Cancer Support Group
- Yoga
- Mindfulness
- Mentoring and Healthy Living
- Education program
- Lunch



Cancer Institute NSW

WEDNESDAYS

Yoga

9.30 am-10.30 am (\$10 per session)

Facilitator: Anna

Mind Body practice that combines physical movement, breathing and meditation. Yoga may help to improve stress and lower blood pressure.

Tokens can be purchased 30 minutes prior to class. Numbers are limited, come early to avoid disappointment.

Healthy Lifestyle Group and 30 minute personal training session

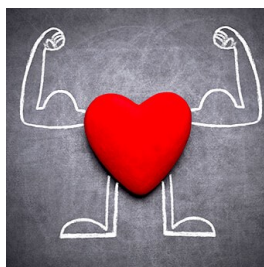
11.00am-12 :30 pm (Free)

Dietician: Renee

Supporting and promoting healthier lifestyles for women who have, or who are at risk of developing, chronic health conditions. Topics include:

- Diabetes
- Cholesterol
- Heart disease / blood pressure
- Healthy food & lifestyle choices

Call us to Enrol



THURSDAYS

FOOD SHARE

FREE FOOD!

Eat well, live well (contribution \$2)

Our aim is to support families in gaining access to healthy and nutritious food.

EVERY THURSDAY Door opens at 9.30am so be early to avoid missing out as food goes quickly.



Must be over 18 and live in the Canterbury Bankstown LGA

call : (97901378)

Helpers needed

We are currently recruiting helpers to assist with unpacking and sorting food

Call us to find out more about this opportunity

Thank you!

We are very grateful to SecondBite and Foodbank for donating food to our Food-Share initiative.

