



**Blacktown Women's and Girls' Health Centre +**



**North West Sydney Women's Domestic Violence Court Advocacy Service**

**6 Prince Street, Blacktown NSW 2148 | P: 02 9831 2070 | F: 02 9831 2344**

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## Term 1, 2019

Day	Activity	Time	Dates/Info
<b>Monday</b>	Art Therapy for Trauma <b>FREE</b>	10am-12noon	<b>Starting 4th March until 8th April.</b> 6 week group with a focus on recovery after trauma. No art experience necessary. To register your interest, please phone 9831 2070.
	Bollywood & Belly Dance Class	1pm-2pm	<b>Starting 11th February.</b> Gold coin donation only. ALL women welcome to attend this fun, energetic group. No experience necessary.
<b>Tuesday</b>	Eating for a Good Nights Sleep <b>FREE</b>	10:30am-12:30pm	<b>12th February.</b> Lack of sleep affects our daily performance, mood & health & will affect approximately 90% of the population. Learn tips to help you fall asleep easier & discover how certain food & drink can disturb your slumber. Facilitated by our very own Naturopath/Nutritionist, Katrina.
	The Healing Benefits of Massage <b>FREE</b>	10:30am-11:30am	<b>19th February.</b> One of the immediate benefits of massage is a feeling of deep relaxation and calm. It also provides many benefits that include relief from anxiety, diabetes, cancer, heart problems, and pain. Massage sessions also help achieve sound mental health. Join this session to learn simple massage techniques to practice at home. Facilitated by our very own Massage Therapist, Vincenzina.
	Hepatitis C Information Session including FREE Liver Scan <b>FREE</b>	10:30am-12:30pm	<b>26th February.</b> Facilitated by a specialist Hepatology Clinical Nurse Consultant from the Storr Liver Centre at Westmead Hospital. This presentation will provide information on preventive strategies & treatments of Hepatitis C. The FibroScan is pain free & takes only 10 minutes
	The Continence Foundation Bladder And Bowel Health for women aged between 40-60. <b>FREE</b>	10:30am-12noon	<b>5th March.</b> Join us for an informative presentation and discussion on bladder & bowel health by a female continence physiotherapist and a specialist continence nurse. Our Naturopath/Nutritionist, Katrina, will also provide healthy lifestyle tips and wellbeing strategies. This group is specifically designed to suit the needs of women aged between 40-60. FREE morning tea and refreshments provided. Supported by the Continence Foundation of Australia.
	The Continence Foundation Bladder And Bowel Health for mature aged women 60+ years old <b>FREE</b>	10:30am-12noon	<b>12th March.</b> Join us for an informative presentation and discussion on bladder & bowel health by a female continence physiotherapist and a specialist continence nurse. Our Naturopath/Nutritionist, Katrina, will also provide healthy lifestyle tips and wellbeing strategies. This group is specifically designed to suit the needs of mature aged women (60+). FREE morning tea and refreshments provided. Supported by the Continence Foundation of Australia.
	The Continence Foundation Bladder And Bowel Health for adolescent women and girls. Aged 12+ <b>FREE</b>	10:30am-12noon	<b>19th March.</b> Join us for an informative presentation and discussion on bladder & bowel health by a female continence physiotherapist and a specialist continence nurse. Our Naturopath/Nutritionist, Katrina, will also provide healthy lifestyle tips and wellbeing strategies. This group is specifically designed to suit the needs of adolescent women & girls. FREE morning tea and refreshments provided. Supported by the Continence Foundation of Australia.
	The Continence Foundation Bladder And Bowel Health for Pre & Post Natal women. <b>FREE</b>	10:30am-12noon	<b>26th March.</b> Join us for an informative presentation and discussion on bladder & bowel health by a female continence physiotherapist and a specialist continence nurse. Our Naturopath/Nutritionist, Katrina, will also provide healthy lifestyle tips and wellbeing strategies. This group is specifically designed to suit the needs of pre & post natal women. FREE morning tea and refreshments provided. Supported by the Continence Foundation of Australia.

	Activity	Time	Dates/Info
Tuesday	Hepatitis B Information Session including FREE Liver Scan <b>FREE</b>	10:30am-12:30pm	<b>2nd April.</b> Facilitated by a specialist Hepatology Clinical Nurse Consultant from the Storr Liver Centre at Westmead Hospital. This presentation will provide information on preventive strategies & treatments of Hepatitis B. The FibroScan is pain free & takes only 10 minutes
	Australian Breastfeeding Association <b>FREE</b>	10am-12noon	<b>12th February, 12th March, 9th April.</b> Breastfeeding parents with questions and concerns, or who just want to connect with others, are welcome!
Wednesday	Yoga	10:00am-11:00am & 11:30am-12:30pm	<b>Starting 13th February .</b> \$7.50 per session. Yoga classes for stress relief and to enhance your physical & mental wellbeing. Classes are tailored to your skill & fitness level.
	Women's Walking Group <b>FREE</b>	9.30am-10.30am	<b>Starting 30th January.</b> Women walkers welcome with their prams or pets. A great way to connect with other women in the community and stay fit and healthy. Supported by The Heart Foundation. Meeting point, 6 Prince St, Blacktown
Thursday	Self Esteem And Communication Skills Group	10:00am-12:30pm	<b>Starting 14th February until 4th April.</b> Self Esteem & Communication is an 8-session group for women who wish to develop their self-confidence, communication skills and conflict resolution abilities. This may be in relation to previous stresses or difficulties in their relationships. Pre group interviews on 7th February. Facilitated by Relationships Australia. Booking essential. Ph: 98063299
	Women's Walking Group <b>FREE</b>	9.30am-10.30am	<b>Starting 31st January.</b> Women walkers welcome with their prams or pets. A great way to connect with other women in the community and stay fit and healthy. Supported by The Heart Foundation. Meeting point, 6 Prince St, Blacktown
Friday	Women Choice and Change <b>FREE</b>	10:00am-1:00pm	<b>Starting 22nd February until 12th April.</b> This 8 week group is for women who have experienced family violence. It provides the opportunity to meet others with similar experiences & talk about the issues & develop positive strategies for the future. Pre-group interviews 15th February. Booking essential. Ph: 98063299.
	OZ Harvest <b>FREE</b>	10:00am-2:00pm	Collect a bag of fresh fruit, vegetables & grocery items. Pls note: Food may run out before 2pm, so best to get in early. Clients only.
	African Women's Support Group <b>FREE</b>	10:00am-12noon	<b>Starting 8th February.</b> Group meets every week. Connect with other African women in the community & receive free information about women's health issues.

### Other Services

Counselling & Case Management	9:30am-4:30pm Monday to Friday	Counselling support for women & girls to assist in dealing with trauma, stress & personal issues. Consistent coordinated support with complex needs. Fees apply. Ph: 9831 2070 for appointment.
North West Sydney Domestic Violence Court Advocacy Service	9:30am-4:30pm Monday to Friday	For advice & advocacy when you need to attend court for a domestic violence matter. Ph: 4577 6847
Family Planning NSW Women's Health Clinic	9:30am-4:30pm Wednesdays	Bulk billed. Female doctor & nurse. Covers a range of women's health issues, such as, pap smear/cervical screening, contraception, pregnancy & fertility, STI's & gynaecological health. Ph: 9831 2070 for appointment.
Legal Support & Indigenous Women's Legal Support	9:30am-4:30pm Alternate Friday's	Legal advice from a qualified solicitor from Women's Legal Service NSW. Ph:9831 2070 for appointment.
Massage Therapy	9:30am-4:30pm Monday & Tuesdays	Concessions apply. Ph: 9831 2070 for appointment.
Naturopath & Dietitian	9:30am-4:30pm Tuesdays	Concessions apply. Herbs at cost. Ph: 9831 2070 for appointment.
Early Childhood Clinic	9:30am-12:30pm Mondays	Provides developmental screening and support for parenting and feeding for parents with children aged between 0-5 years old. Phone Blacktown/MtDruitt Community Health for appointment. Ph:8670 3300
LGBTIQ Network Blacktown	9:30am-4:30pm Monday to Friday	Information & referral support resources available.



**Please note: There is no onsite parking for clients or visitors**

