



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

E: info@womensandgirls.org.au | W: www.womensandgirls.org.au

## Term 2, 2019

Day	Activity	Time	Dates & Info
Monday	Art Therapy for Stress & Anxiety (Part 2) <b>FREE</b>	10:00am-12noon	<b>6th May-1st July.</b> An 8 week creative arts program for anxiety and stress in a safe & healing environment for both self expression and reflection. *No art experience required.
	Bellydance Class with a Bollywood Warm Up	12:30pm-1:30pm	<b>6th May-1st July.</b> ALL women welcome to attend this fun, energetic group. Gold coin donation only. *No dance experience necessary.
Tuesday	Stress & Stress Management <b>FREE</b>	10:30am-12noon	<b>7th May.</b> Discover how you can recognise and manage the signs of stress and prevent stress from becoming a problem in your day to day life.
	Nurture Your Mind, Body & Soul <b>FREE</b>	11:30am-12:30pm	<b>21st May, 4th June &amp; 18th June.</b> Over 3 sessions, discover how you can make simple lifestyle changes to nurture yourself & your wellbeing. Sessions will include, massage, aromatherapy bath bombs, fresh fruit smoothies and nutrition advice to boost your mood & start the day right.
	Eating for a Good Night's Sleep <b>FREE</b>	10:30-11:30am	<b>28th May.</b> Back by popular demand! Don't let lack of sleep affect your daily performance, mood & health. Learn tips to help you fall asleep easier & discover how certain food & drink can disturb your slumber. Facilitated by our very own Naturopath/Nutritionist.
	Child Dental Health Talk <b>FREE</b>	10:30am-12:30pm	<b>25th June.</b> Learn how to prevent tooth decay & care for your child's teeth & discover where you can access FREE routine dental services.
Wednesday	Yoga	10:00am-11:00am & 11:30am-12:30pm	<b>8th May-26th June.</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. Yoga mats available or BYO.
	Women's Walking Group <b>FREE</b>	9:30am-10:30am	<b>8th May- 3rd July.</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
	Meditation	1:30pm-2:15pm	<b>8th May- 26th June.</b> \$5.00 per session. Meditation has many health benefits including reducing stress, improving sleep and increasing focus, just to name a few. Allow yourself the time to tune out to everything & tune into yourself.
Thursday	Women's Walking Group <b>FREE</b>	9:30-10:30am	<b>9th May- 4th July.</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

Day	Activity	Time	Dates & Info
Friday	Women Choice & Change <b>FREE</b>	10:00am-1:00pm	<b>10th May-28th June. Pre-group interviews 3rd May.</b> Facilitated by Relationships Australia. This 8 week group is for women who have experienced domestic/family violence. It provides the opportunity to meet others with similar experiences & talk about the issues & develop positive strategies for the future. Booking essential. Ph: 98063299.
	OzHarvest <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 7th June-5th July &amp; 26th July.</b> Connect with other African women in the community & receive free information about women's health issues.



*Devonshire Tea*

**To celebrate the Mum's and the special women in our lives.**

**DATE: Tuesday 14th May    TIME: 10:30 am-12 noon**

**Enjoy a morning tea of freshly baked scones and brewed herbal tea prepared by our Naturopath/Nutritionist, Katrina. Special Mother's Day gift for every attendee.**

**Limited spaces. Please RSVP by phone on 9831 2070 to reserve your spot.**

**Special Event!**

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 Support	9:30am-4:30pm Monday to Friday	Information & referral support resources available.



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

