



Blacktown Women's and Girls' Health Centre +



North West Sydney Women's Domestic Violence Court Advocacy Service

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Term 3, 2019

Day	Activity	Time	Dates & Info
Monday	Art Therapy for Stress Relief FREE	10:00am-12:00noon	29th July to 16th September. Creating art can be used to relieve stress and relax your mind and body. This 8 week Art Therapy group provides you with a safe outlet to release your emotions and give you a sense of control over your life. Bookings essential.
	Bellydance Class with a Bollywood Warm Up	12:30pm-1:30pm	29th July to 16th September. ALL women welcome to attend this fun, energetic group. Gold coin donation only. No dance experience necessary.
Tuesday	Eat Well-Spend Less FREE	10:30am-12:30pm	30th July. There are lots of ways for you to enjoy the benefits of healthy eating on a budget. Learn money saving tips to plan nutritious meals and snacks for you and your family.
	Introduction to Art Therapy FREE	10:30am-12noon	6th, 13th & 20th August. Art Therapy is a great way to express your emotions without words, process complex feelings and find relief. Discover how Art Therapy can benefit your mental & emotional well being in this 3 week introductory course.
	Financial Wellbeing For Women FREE	10:30am-11:30am	27th August. For women, financial wellbeing can be more challenging to achieve than for men. As we strive towards a more equal and inclusive society, women can benefit enormously from engaging with their finances.
	Strong, Bold & Courageous Women FREE	10:30am-12:30pm	3rd September. Jean Hailes Women's Health Week special event. This event will be all about self-care for women's mental health. It will combine Art Therapy and self-care for your mind, body and soul. Lunch included. Limited spaces. Please register to attend.
	The Australian Continence Foundation (Continence Products) FREE	10:30am-12:00noon	10th September. For some people, after having a continence assessment it will be recommended that they use continence products to manage their bladder and bowel problem, either for short or long term. In this presentation we will look at a range of available continence products and cover pads, pants, bedding and chair protection.
	Australian Breastfeeding Association FREE	10:00am-12:00noon	10th September. Breastfeeding mothers with questions and concerns, or who just want to connect with others, are welcome!
Wednesday	Yoga	10:00am-11:00am & 11:30am-12:30pm	31st July-18th September. \$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 FREE	9:30am-10:30am	31st July- 25th September. 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	31st July- 18th September. \$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.

Day	Activity	Time	Dates & Info
Thursday	Yarn In-Say NO to Domestic Violence FREE	10:30am-12noon	1st August– 19th September. Be part of a special project to end violence towards women. We will be yarn bombing the Blacktown Village Green during the month of November. Yarn provided. BYO knitting needles & crochet hooks. No experience necessary.
	Women's Walking Group FREE	9:30am-10:30am	1st August– 26th September. 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 & Change FREE	10:00am-12:30pm	2nd August– 20th September. Pre-group interviews 26th July. 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 & Food Bank	10:00am-12noon	\$2.00 per box from 26th July. Collect a box of fresh fruit, vegetables & grocery items. Pls note: Food may run out before 12noon so best to get in early. Clients only. BYO Shopping bags. Limit 1 box per family.
	African Women's Support Group FREE	10:00am-12noon	Dates TBC. 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 Fridays	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.
Work & Development Orders (WDO)	9:30am-4:30pm Monday to Friday	A WDO lets you clear your fines with activities like unpaid work, counselling, courses, treatment programs and more. Enquiries Phone: 9831 2070



Please note: There is no onsite parking

