



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 4 Program, 2019

Day	Activity	Time	Dates & Info
Monday	Self-Confidence & Resilience Art Therapy Group FREE	10:00am-12:00noon	21st October-9th December. This group will focus on emotional regulation and self-soothing processes. It will help build understanding of self-awareness and coping strategies by using art activities to work through difficult emotions and feelings. No art experience required. Bookings essential.
	Bellydance Class with a Bollywood Warm Up	12:30pm-1:30pm	21st October-9th December. ALL women welcome to attend this fun, energetic group. Gold coin donation only. No dance experience necessary.
Tuesday	Pink Ribbon Morning Tea and Fundraiser	10:30am-12:00noon	22nd October. \$2.00 Donation to attend. Special presentations by BreastScreen NSW and The Cancer Council. Raffles and prizes on the day. All proceeds raised will be donated to The Cancer Council. RSVP is essential for catering purposes. Morning tea provided.
	Hepatology FREE	10:30am-12:00noon	29th October & 26th November. A specialist Hepatology Clinical Nurse Consultant from the Storr Liver Centre will be conducting blood borne virus testing & liver health checks. The FibroScan is a simple test used to find out how much liver scarring you have. It is pain free & takes only 10 minutes. Results will be given on the 26/11.
	Salvation Army Money Care Workshop FREE	10:00am-12noon	5th November. This workshop will teach you how to develop a workable budget, how to plan to pay for essentials such as food and rent and understanding bills and accounts.
	Gut Health Talk FREE	10:30am-12:00noon	19th November. Learn the signs of an unhealthy gut and discover ways to improve a healthy balance of bacteria in your gut to improve digestion and the overall health of your body.
	Aromatherapy for Stress Relief FREE	10:30am-12:00noon	3rd December & 10th December. Over 2 sessions discover how essential oils can help improve health issues like anxiety, stress, and sleep trouble.
	Breastfeeding Support Group FREE	10:00am-12:00noon	10th December. Facilitated by The Australian Breastfeeding Association volunteer, Bronwyn. Breastfeeding mothers with questions and concerns, or who just want to connect with others, are welcome!
Wednesday	Women's Yoga Class	10:00am-11:00am & 11:30am-12:30pm	23rd October-13th November. \$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	23rd October-18th December. Women 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

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Thursday	Yarn In-Say NO to Domestic Violence FREE	10:30am-12noon	24th October– 21st November. 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	24th October-19th December. Women 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	25th October-13th December. Pre-group interviews 18th October. 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 their issues & develop positive strategies for the future. Booking essential. Ph: 9806 3299.
	OzHarvest & Food Bank	10:00am-12noon	\$2.00 per box. 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.



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 Fridays Fortnightly	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 & Dietician	9:30am-4:30pm Tuesdays	Concessions apply. Herbs at cost. Ph: 9831 2070 for appointment.
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
LGBTIQ Support	9:30am-4:30pm Monday to Friday	Information & referral support resources available.



Please note: There is no on-site parking for clients or visitors

