



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 1, 2020 - Program and Activities

Day	Activity	Time	Dates & Info
Monday	Discover Your Brave, Art Therapy Group FREE	10:00am-12noon	3rd February to 24th February and Art Exhibition on 9th March for International Women's Day (IWD). This 4 week group will be exploring creativity through the use of creative modalities such as painting, drawing and collage in preparation for special IWD event. Morning Tea provided. * No artistic ability or experience required
	Bellydance Class	12:30pm-1:30pm	3rd February to 30th March . Have fun and get fit while learning the art of Bellydance. ALL women welcome to attend this fun and energetic group. Gold coin donation only. No dance experience necessary.
Tuesday	Healing From Within FREE	3:30pm-5:00pm	Starting 28th January . This after school program for women aged 14-25 is facilitated by women from the Women's Justice Network. It involves fun activities such as art & craft, cooking, journaling, life skills activities & guest speakers. For more information or to register, please contact Women's Justice Network worker, Ally, on 0439 578 056 or ally@wjn.net.au
	NDIS Information Session FREE	10:30am-12:30pm	4th February . Presentation by Uniting. They will provide information about the eligibility criteria to access the NDIS as well as Information to connect you to your local disability community and mainstream services. Facilitators will allow one on one time to have individual questions answered and provide support to help you identify the next steps to take on your NDIS journey.
	Living Mindfully Self care group for women FREE	10:30am-12:30pm	11th February to 25th February . It's time to slow down, nourish your body and take time out for yourself to reconnect and build your relationship with yourself. This 3 week workshop provides women with a morning of relaxation, self love and self care.
	Staying Active as you Get Older FREE	10:30am-12noon	10th March . Facilitated by Western Sydney Local Health District, this information session is to encourage local seniors to stay well & independent, keep active & improve balance & strength. Included in this information session is demonstration on strength & balance exercises & valuable resources. Booking essential ph: 9831 2070.
	Harmony Week Special Event FREE	Time TBC	17th March . In partnership with Uniting, we will be holding a special event in the park (cnr fourth Ave & Prince St Blacktown) Join us and other services for a sausage sizzle and fun activities to celebrate the diversity in the local community.
Wednesday	Women's Walking Group FREE	9:30am-10:30am	29th January to 8th April . 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
	Yoga	10:00am-11:00am & 11:30am-	19th February to 1st April . \$7.50 per session. Yoga classes for stress relief and to enhance your physical & mental wellbeing. Classes are tailored to your

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Thursday	Women's Walking Group FREE	9:30am-10:30am	30th January to 9th April. 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
	Women, Choice and Change FREE	10:00am-12:30pm	14th February to 3rd April. Pre-group interviews 7th February. 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.
Friday	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.



International Women's Day Special Event
Art Exhibition and Morning Tea

Date: Monday 9th March
Location: Blacktown Women's and Girls' Health Centre
6 Prince Street Blacktown (Group Room)
Time: 10:30am to 12:00noon
Bookings essential, phone 9831 2070






Alcohol and Drug Foundation
International Women's Day

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 onsite parking for clients or visitors

