



ABN 98 059 698 895



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, 2022 - Program and Activities

| Day | Activity | Time | Dates & Info |
|-----------|--------------------------------------|------------------|--|
| Monday | Art Therapy FREE | 10:00am-12noon | 2nd May to 6th June. Creativity through the use of creative modalities such as painting, drawing and collage. Bookings essential limited spaces. Call 9831 2070 * No artistic ability or experience required |
| | Gentle Exercise | 12:30pm-1:30pm | COMING SOON. Want to get fit and healthy, come along to our Gentle Exercise class, no experience necessary. Gold Coin Donation Bookings essential as limited spots available. |
| Tuesday | Living Mindfully FREE | 10:00am-12:00pm | 14th June and 21st June. It's time to slow down, nourish your body and mind and take time out to reconnect and build your relationship with yourself. With this course over 2 Tuesdays. Bookings essential as limited spots available. Call 9831 2070 |
| Wednesday | Women's Walking Group FREE | 9:30am-10:30am | 4th May to 29th June. 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 and registration, 6 Prince St, Blacktown. |
| Thursday | Women's Walking Group FREE | 9:30am-10:30am | 5th May to 30th June. 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 and registration, 6 Prince St, Blacktown. |
| Friday | Women, Choice and Change FREE | 11:00am-1:30pm | 13th May to 1st July. Pre Group Interviews 6th May. 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. *Bookings Essential, call 9806 3299. |
| | Oz Harvest & Food Bank | Appointment Only | \$2.00 per box. By Appointment only. Collect a box of fresh fruit, vegetables & grocery items. Clients only. Limit 1 box/bag per family. Unfortunately, due to high demand we currently have a waiting list for this service. |

Services Offered

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| 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/Mt Druitt Community Health for appointment. Ph: 8670 3300 |
| 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. TELEPHONE AND FACE TO FACE APPOINTMENTS AVAILABLE. |
| 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 TELEPHONE APPOINTMENTS ONLY |
| 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. TELEPHONE APPOINTMENTS ONLY |
| Massage Therapy | 9:30am-4:30pm Monday & Tuesdays | TBA. Concessions apply. Ph: 9831 2070 for appointment. CURRENTLY UNAVAILABLE |
| Naturopath & Dietician | 9:30am-4:30pm Tuesdays | Concessions apply. Herbs at cost. Ph: 9831 2070 for appointment. TELEPHONE APPOINTMENTS ONLY |
| Oz Harvest and Food Bank | Appointment Only | BY APPOINTMENT ONLY Collect a box of fresh fruit, vegetables & grocery items, for \$2. Limit 1 box per family. Due to high demand we currently have a waiting list for this service. Please call 9831 2070 to get your name added to the waitlist |
| Women's Legal Support | 9:30am-12:30pm Tuesdays | Legal advice from a qualified solicitor from Western Sydney Community Legal Service. Ph: 9831 2070 for appointment. TELEPHONE APPOINTMENTS ONLY |
| LGBTIQ Support | 9:30am-4:30pm Monday to Friday | Information & referral support resources available. |

Family Planning NSW

Women's Health Clinic
Wednesdays
9.30am—4.30pm

Call the centre on 9831 2070 for an Appointment



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

