



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 1, 2022 - Program and Activities

Day	Activity	Time	Dates & Info
Monday	Art Therapy FREE	10:00am-12noon	21st February to 28th March. 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
	Chair Yoga FREE	1:30pm-2:30pm	14th February to 4th April Valentines Day—Time to take some time out for yourself. Participate in our popular Chair Yoga class, if you can sit on a chair you can do chair yoga, no experience necessary. Bookings essential if attending centre as limited spots available, or find link on our Facebook page, Website or go directly to our YouTube page.
Tuesday	Art Therapy FREE	10:00am-12noon	22nd February to 29th March. 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
Wednesday	Women's Walking Group FREE	9:30am-10:30am	16th February to 6th 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 and registration, 6 Prince St, Blacktown.
Thursday	Women's Walking Group FREE	9:30am-10:30am	17th February to 7th 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
Friday	Women, Choice and Change FREE		TBA. 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
	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.
	Chair Yoga FREE	1:30pm-2:30pm	18th February to 8th April Valentines Day—Time to take some time out for yourself. Participate in our popular Chair Yoga class, if you can sit on a chair you can do chair yoga, no experience necessary. Bookings essential if attending centre as limited spots available, or find link on our Facebook page, Website or go directly to our YouTube page.

Services Offered

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
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

