



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](mailto:info@womensandgirls.org.au) | W: [www.womensandgirls.org.au](http://www.womensandgirls.org.au)

## Term 3, 2022 - Program and Activities

Day	Activity	Time	Dates & Info
Monday	Art Therapy <b>FREE</b>	10:00am-12noon	<b>25th July to 29th August.</b> Creativity through the use of creative modalities such as painting, drawing and collage. <b>Bookings essential</b> limited spaces. Call 9831 2070 <b>* No artistic ability or experience required</b>
	Gentle Exercise	12:30pm-1:30pm	<b>25th July to 19th September.</b> Want to get fit and healthy, come along to our Gentle Exercise class, no experience necessary. Gold Coin Donation <b>Bookings essential</b> as limited spots available.
Tuesday	Living Mindfully <b>FREE</b>	10:00am-12:00pm	<b>2nd August and 9th August.</b> 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. <b>Bookings essential</b> as limited spots available. Call 9831 2070
Wednesday	Women's Walking Group <b>FREE</b>	9:30am-10:30am	<b>27th July to 21st September.</b> 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 <b>FREE</b>	9:30am-10:30am	<b>28th July to 22nd September.</b> 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 <b>FREE</b>	11:00am-1:30pm	<b>Coming Soon.</b> 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. <b>*Bookings Essential, call 02 9831 2070.</b>
	Oz Harvest & Food Bank	Appointment Only	<b>\$2.00 per box. By Appointment only.</b> 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

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.
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 <b>TELEPHONE APPOINTMENTS ONLY</b>
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. <b>TELEPHONE APPOINTMENTS ONLY</b>
Massage Therapy	9:30am-4:30pm Mondays	Concessions apply. Ph: 9831 2070 for appointment.
Naturopath & Dietician	9:30am-4:30pm Tuesdays	Concessions apply. Herbs at cost. Ph: 9831 2070 for appointment.
Oz Harvest and Food Bank	Appointment Only	<b>BY APPOINTMENT ONLY</b> 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 Fortnightly	Legal advice from a qualified solicitor from Western Sydney Community Legal Service. Ph: 9831 2070 for appointment.
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**

