



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 4, 2022 - Program and Activities

| Day | Activity | Time | Dates & Info |
|-----------|---|------------------|---|
| Monday | Art Therapy FREE | 10:00am-12noon | 24th October to 28th November. 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 | 10th October to 12th December. Want to get fit and healthy, come along to our Gentle Exercise class, no experience necessary, work at your own level. Gold Coin Donation. Bookings essential as limited spots available. |
| Tuesday | How to get a better Night's Sleep FREE | 10:00am-12:00pm | 18th October and 1st November. Do you need a better nights sleep? Come along to this free information session by our resident Naturopath, on the dates listed and find out how you can get a better nights sleep. Bookings essential as limited spots available. Call 9831 2070 |
| Wednesday | Women's Walking Group FREE | 9:30am-10:30am | 12th October to 14th 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 and registration, 6 Prince St, Blacktown. |
| Thursday | Women's Walking Group FREE | 9:30am-10:30am | 13th October to 14th 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 and registration, 6 Prince St, Blacktown. |
| | Bra Gifting Event | 12:30pm-1:30pm | 10th November. Support the Girls Australia will be coming to BWGHC and will measure and professionally fit you for your bra. You will then receive 3 bras and undies and other personal hygiene products |
| Friday | Women, Choice and Change FREE | 11:00am-1:30pm | Coming Soon. 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 02 9831 2070. |
| | 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. |
| 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 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 | 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 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

