



ABN 98 059 698 895

# Blacktown Women's and Girls' Health Centre

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## Term 1, 2023 - Program and Activities

Day	Activity	Time	Dates & Info
Monday	Art Therapy FREE	10:00am-12noon	<b>13th February to 20th March</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>
	Massage Therapy	10:30am-4:30pm	<b>16th January, Bookings</b> essential as limited spots available. Call 9831 2070
	Gentle Exercise Gold coin Donation	12:30pm-1:30pm	<b>16th January to 3rd April</b> . Want to get fit and Healthy, come along to our Gentle Exercise class, No experience necessary. Gold Coin Donation <b>Bookings essential</b> limited spaces. Call 9831 2070
Tuesday	Massage Therapy	9:30am-4:30pm	<b>Bookings</b> essential as limited spots available. Call 9831 2070
	Living Mindfully FREE	10:00am-12:00pm	<b>21st February and 28th February.</b> It's time to slow down, nourish your body and mind and take care of yourself. With this course over 2 weeks. <b>Bookings</b> essential as limited spots available. Call 9831 2070
	Western Sydney community Legal Centre FREE Legal Clinic	Every Second Tuesday 9:30am-12:30pm	<b>7th February , Bookings</b> essential as limited spots available. Call 9831 2070 Service's cover Civil Law, Family Law, Criminal Law ,Care and Protection and Immigration.
Wednesday	Tai Chi Classes	1:30pm –2:30pm	<b>15th February to 5th April</b> .Try a light exercise class for the mind and body.
Wednesday	Family Planning NSW Women's and Girls Doctor and Nurse Clinic	9:30am-4:30pm	<b>Bookings</b> essential as limited spots available. Call (02) 4749 0500. <b>Bulk Billed</b> , Covers a range of Women's Health issues.
Thursday	Women's Walking Group FREE	Wednesdays and Thursdays 9:30am-10:30am	<b>19th January to 6th April.</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, 6 Prince St, Blacktown
Friday	Women's Legal Services NSW FREE Legal Clinic	Every Second Friday 9:30am-4:30pm	<b>3th February , Bookings</b> essential as limited spots available. Call 9831 2070 Services are limited to Family Law, Divorce, AVOs, Child Custody, Parenting issues, Victims Compensation, Employment Discrimination. <b>NOT a service</b> Migration ,Wills, Debt matters and Guardianship for Adult children
	Dance Stretch, Tone Gold Coin Donation	12:30pm-1:30pm	<b>10th February to 31st March.</b> Fun Low impact classes for all levels .Involves dance for 30min followed by 30min of stretching, brain work/ coordination and seated stretching. Finished off with Relaxation. <b>Bookings essential</b> limited spaces. Call 9831 2070

## Services Offered

<b>WSLHD Early Childhood Clinic</b>	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
<b>Counselling &amp; Case Management</b>	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. <b>Face to Face appointments</b>
<b>North West Sydney Domestic Violence Court Advocacy Service</b>	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>Face to Face appointments.</b>
<b>Family Planning NSW Women's Health Clinic Doctor and Nurse Clinic</b>	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.
<b>Legal Support &amp; Indigenous Women's Legal Support</b>	9:30am-4:30pm Fridays Fortnightly	Legal advice from a qualified solicitor from Women's Legal Service NSW. Ph: 9831 2070 for appointment. <b>Face to Face appointments</b>
<b>Massage Therapy</b>	9:30am-4:30pm Monday & Tuesdays	<b>Booking essential</b> massages are limited Concessions apply. Ph: 9831 2070
<b>Naturopath &amp; Dietician</b>	9:30am-4:30pm Tuesdays	Concessions apply. Herbs at cost. Ph: 9831 2070 for appointment. <b>Face to Face appointments</b>
<b>Oz Harvest and Food Bank FREE Food Program</b>	Appointment Only	<b>BY APPOINTMENT ONLY</b> Collect a bag of fresh fruit, vegetables & grocery items. Limit 1 bag per family your welcome to Donate \$2. 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
<b>Western Sydney Community Legal Centre Services.</b>	9:30am– 12:30pm Tuesday Fortnightly	Legal advice from a qualified solicitor from Western Sydney Community Legal Centre NSW. Ph: 9831 2070 for appointment. <b>Face to Face appointments</b>
<b>LGBTIQ Support</b>	9:30am-4:30pm Monday to Friday	Information & referral support resources available.

# Family Planning NSW

**Women's Health Clinic  
Wednesdays  
9.30am—4.30pm**



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

