



# Blacktown Women's and Girls' Health Centre

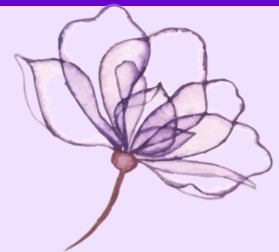
6 Prince Street, Blacktown NSW 2148 | P: 02 9831 2070 | F: 02 9831 2344

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

**Term 2, 1st May – 30th June 2023**

## Program Timetable

Centre opening hours: 9:30am – 4:30pm



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

|                                                   |                                                                           |                                                    |                                                                                      |                                                                 |
|---------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Massage Therapy</b><br>10:30am – 4:30pm        | <b>Massage Therapy</b><br>9:30am – 4:30pm                                 | <b>Women's Doctor and Nurse</b><br>9:30am – 4:30pm | <b>Walking Group</b><br>9:30am – 10:30am                                             | <b>Women's Legal Services – Legal Advice</b><br>9:30am – 4:30pm |
| <b>Art Therapy</b><br>10am – 12pm                 | <b>Western Sydney Community Legal Centre - Advice</b><br>9:30am – 12:30pm | <b>Walking Group</b><br>9:30am – 10:30am           |                                                                                      | <b>Parenting Workshop "Tuning Into Kids"</b><br>10am – 12pm     |
|                                                   | <b>Healthy Eating on a Budget - Group</b><br>10am – 12pm                  | <b>Belly Dancing</b><br>1pm – 2pm                  |  | <b>Oz Harvest</b><br>9:30am – 12:30pm                           |
| <b>Tai Chi</b><br>1pm – 2pm                       | <b>Naturopathy</b><br>9:30am – 4:30pm                                     |                                                    |                                                                                      | <b>Dance Stretch and Tone</b><br>12:30pm – 1:30pm               |
| <b>Counselling &amp; Casework</b><br>9:30am – 4pm | <b>Counselling &amp; Casework</b><br>9:30am – 4pm                         | <b>Counselling &amp; Casework</b><br>9:30am – 4pm  | <b>Counselling &amp; Casework</b><br>9:30am – 4pm                                    | <b>Counselling &amp; Casework</b><br>9:30am – 4pm               |

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

**Please also contact the centre prior to coming in to register for programs.**

## Services Offered

|                                                                                  |                                         |                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WSLHD<br/>Early Childhood Clinic</b>                                          | 9:30am - 12:30pm<br>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 - 4:00pm<br>Monday to Friday     | Generalist counselling support for women & girls from 16 years old.<br>Ph: 9831 2070 for appointment. <b>Face to Face appointments</b>                                                                                                                                        |
| <b>North West Sydney<br/>Domestic Violence Court</b>                             | 9:30am - 4:30pm<br>Monday to Friday     | For advice & advocacy when you need to attend court for a domestic violence matter.<br>Ph: 4577 6847 <b>Face to Face appointments.</b>                                                                                                                                        |
| <b>Family Planning NSW<br/>Women's Health Clinic<br/>Doctor and Nurse Clinic</b> | 9:30am - 4:30pm<br>Wednesdays           | Bulk billed. Female doctor & nurse. Covers a range of women's health issues, such as, pap smear/cervical screening, contraception, pregnancy & fertility, STIs & gynaecological health. Ph: 9831 2070 for appointment.                                                        |
| <b>Legal Support &amp; Indigenous Women's Legal Support</b>                      | 9:30am - 4:30pm<br>Fridays Fortnightly  | Legal advice from a qualified solicitor from Women's Legal Service NSW.<br>Ph: 9831 2070 for appointment. <b>Face to Face appointments</b>                                                                                                                                    |
| <b>Massage Therapy</b>                                                           | 9:30am - 4:30pm<br>Monday & Tuesdays    | <b>Bookings are essential</b> massages are limited Concessions apply. Ph: 9831 2070                                                                                                                                                                                           |
| <b>Naturopath &amp; Dietician</b>                                                | 9:30am - 4:30pm<br>Tuesdays             | Concessions apply. Herbs at cost. Ph: 9831 2070 for appointment.<br><b>Face to Face appointments</b>                                                                                                                                                                          |
| <b>Oz Harvest and Food Bank<br/>FREE Food Program</b>                            | Appointment Only                        | <b>BY APPOINTMENT ONLY</b> Collect a bag of fresh fruit, vegetables & grocery items.<br>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<br/>Community Legal Centre</b>                                 | 9:30am - 12:30pm<br>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<br>Monday to Friday       | Information & referral support resources available.                                                                                                                                                                                                                           |

# Family Planning NSW

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

