



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 | W: www.womensandgirls.org.au

Centre Services

Program Timetable

Centre opening hours: 9:30am – 4:30pm

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Massage Therapy 10:30am – 4:30pm	Massage Therapy 9:30am – 4:30pm	Women's Doctor and Nurse 9:30am – 4:30pm	Walking Group 9:30am – 10:30am	Women's Legal Services – Legal Advice 9:30am – 4:30pm
Tai Chi 10am – 11am	Western Sydney Community Legal Centre - Advice 9:30am – 12:30pm	Walking Group 9:30am – 10:30am	Self Defence 3:15pm – 4:15pm	Oz Harvest 9:30am – 12:30pm
Empowering Workshops Enquire Now	Yoga 10am – 11am Meditation 12pm – 12:45pm	Belly Dancing 1pm – 2pm		
Trauma Informed Meditation class 1:30pm – 2pm	Naturopathy And Workshops 9:30am – 4:30pm			Dance Stretch and Tone 12:30pm – 1:30pm
Counselling & Casework 9:30am – 4pm	Counselling & Casework 9:30am – 4pm	Counselling & Casework 9:30am – 4pm	Counselling & Casework 9:30am – 4pm	Counselling & Casework 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.



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Counselling

All Year Round

Monday to Friday 9:30am—4pm



Our counsellors are qualified, and provide a safe space for short term counselling for issues related to relationships, grief, anger, self-confidence, self-esteem, trauma, anxiety, fear, loneliness, bullying, abuse and more!

Bookings Are Essential

\$5—Concession | \$10—Part-time Workers

\$25—Full-time Workers

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Massage

Remedial— Mondays & Friday Afternoon | Swedish—Tuesdays

All Year Round



Massage can stimulate the blood supply, make joints more mobile, and help to repair damaged tissues. The therapist will aim to balance the length, tone and tension of muscles and tendons, which may increase blood flow and help heal injuries.

Bookings Are Essential

\$15—Concession

\$20—Part-time Workers

\$30—Full-time Workers

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Oz Harvest

Fridays

All Year Round



Our priority is to provide food to those who need it. Our weekly food boxes aim to provide safe and nutritious food which may include fresh fruit and vegetables, milk, bread, eggs, meat and other pantry items.

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Please Contact Reception ASAP

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Naturopathy & Nutrition

Tuesdays

All Year Round



Naturopathy takes a holistic approach to wellness and supports a person to live a healthy lifestyle. The foundations of Naturopathy are based on treating the whole person.

Appointments may include; diet and lifestyle recommendations, supplements, herbal medicine and referrals to doctors and other health professionals if needed.

Bookings Are Essential

\$5—Concession | \$10—Part-time Workers | \$25—Full-time Workers

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Free Legal Advice

All Year Round

Tuesday's 9:30am—12:30pm | Fridays 9:30am—4:30pm



Qualified and experienced lawyers from Western Sydney Community Legal Centre and Women's Legal Services NSW can help with most legal issues including employment, family law, care and protections, domestic and family violence, debts, neighborhood disputes, minor crimes, traffic offences and more!

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Dance Stretch and Tone

Friday's 12:30pm—1:30pm



A class for all women of all ages and nationalities. Jrisi is an internationally trained and award winning choreographer with a Bachelor of Arts degree with a unique approach for non dancers to feel at ease and enjoy an hour of fun and laughter.

No experience needed , come join the fun!

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Belly Dancing

During School Term

Wednesday's 1pm—2pm



A class for all women of all ages and nationalities. Belly Dancing is known to aid in: muscle toning, improving posture and balance, strengthening arm muscle, weight loss, reducing stress, socializing, improving memory and sleep.

No experience needed , come join the fun!

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Yoga

Tuesday's 10am—11am

\$7:50 per class



A class for all women of all ages, nationalities, and abilities. Benefits of practicing yoga include: improved sleep, increased flexibility, weight reduction, improves digestion, increases blood flow, and improved sense of balance. Our yoga instructor is qualified and will go at your pace.

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Mindful Meditation

Rest and Recharge Right Here!

Tuesday's 1:30pm to 2pm starting October 17th

Welcome to our FREE mindful meditation classes designed to provide you the opportunity to rest and recharge your mind and soul. Research shows the emotional and physical benefits of meditation can include:

- **Gaining new perspectives**
- **Building skills to manage your stress**
- **Increasing self-awareness**
- **Focusing on the present**
- **Reducing negative emotions**
- **Increasing creativity**
- **Lowering heart rate**
- **Improving sleep quality**



Call us now on **9831 2070**, to book your spot

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TAI CHI

Monday's 10am—11am



Tai Chi is known to improve strength, flexibility, aerobic balance and conditioning. It's been proven to better cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis. Join us now!

Limited spots available! Call us now on **9831 2070 to book your spot**

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Services Offered

WSLHD 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 - 4:00pm Monday to Friday	Generalist counselling support for women & girls from 16 years old. Ph: 9831 2070 for appointment. Face to Face appointments
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 Face to Face appointments.
Family Planning NSW Women's Health Clinic Doctor and Nurse 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, STIs & 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. Face to Face appointments
Massage Therapy	9:30am - 4:30pm Monday & Tuesdays	Bookings are essential massages are limited Concessions apply. Ph: 9831 2070
Naturopath & Dietician	9:30am - 4:30pm Tuesdays	Concessions apply. Herbs at cost. Ph: 9831 2070 for appointment. Face to Face appointments
Oz Harvest and Food Bank FREE Food Program	Appointment Only	BY APPOINTMENT ONLY 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
Western Sydney Community Legal Centre Services.	9:30am - 12:30pm Tuesday Fortnightly	Legal advice from a qualified solicitor from Western Sydney Community Legal Centre NSW. Ph: 9831 2070 for appointment. Face to Face appointments
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**

