



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 2025 - Term 3

Centre opening hours: 9:30am – 4:30pm

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Counselling 9:30am – 4pm	Massage Therapy 9:30am – 4:30pm	Walking Group 9:30am – 10:30am	Walking Group 9:30am – 10:30am	Massage Therapy 10:30am – 3:30pm
	Empowering Work- shops Enquire Now		Women's Legal Services 9:30am – 4:30pm	Oz Harvest 9:30am – 12:30pm
Empowering Workshops Enquire Now	Naturopathy Appointments 9:30am – 4:30pm	1300 372 372 Women's Doctor & Nurse 9:30am – 4:30pm	Empowering Workshops Enquire Now	Naturopathy Appointments 9:30am – 4:30pm
	Yoga 9:45am – 10:45am	Western Sydney Community Legal Advice 10:00am – 1:00pm	Massage Therapy 10:30am – 3:30pm	
Sound Therapy 11:30am – 12:30pm	Art as Therapy 12:30pm – 2:30pm	Confidence Building Group 1:30pm – 2:30pm	Tai Chi 1:30 – 2:30	Dance Stretch and Tone 12pm – 1pm
Scrap Journaling TBC	Mindful Meditation 2:30pm – 3:30pm	Belly Dancing 12pm – 1pm	Counselling 9:30am – 4pm	Counselling & Casework 9:30am – 4pm
Casework 9:30am – 4pm	Counselling & Casework 9:30am – 4pm	Counselling & Casework 9:30am – 4pm	Casework 9:30am – 4pm	

Please ring our Reception on **9831 2070** to book your appointment

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



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Free

**Domestic and Family Violence,
Generalist Counselling and
Case management**

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!

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Massage

Relaxation — Thursday & Friday Afternoon | Swedish—Tuesdays



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 nutritious food which may include fresh fruit and vegetables, milk, bread, eggs, meat and other pantry items.

Bookings Are Essential

Please Contact Reception ASAP

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Naturopathy & Nutrition

Tuesdays and Fridays



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

Wednesdays 10:00am—1:00pm | Thursdays 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!

Bookings Are Essential

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Dance, Stretch and Tone

Fridays 12pm—1pm



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

Wednesdays 12pm - 1pm



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, socialising, improving memory and sleep.

No experience needed , come join the fun!

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Yoga

Tuesdays 9:45am - 10:45am

\$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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SOUND THERAPY

MONDAYS

11:30 - 12:30



Sound therapy offers a range of benefits for physical, mental, and emotional well-being, including stress reduction, pain relief, improved sleep, and enhance mood.

It works by utilizing sound frequencies and vibrations to promote relaxation and well-being.

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Services Offered		
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 & you're 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**

