

# Blacktown Women's and Girls' Health Centre

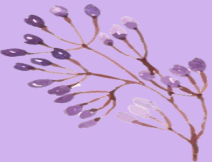
6 Prince Street, Blacktown NSW 2148 | P: 02 9831 2070 | F: 02 9831 2344

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

## Centre Services

### Program Timetable 2025 - Term 4

Centre opening hours: 9:30am – 4:30pm

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



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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!

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## Dance, Stretch and Tone

Thursday 11:30pm—12:30pm



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

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.

Please call Reception on **9831 2070** to book your spot

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| Services Offered                                                         |                                                  |                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <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><br>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<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 Women's Health Clinic 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>Thursdays<br>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>Tuesdays, Thursdays & Fridays | <b>Bookings are essential</b> massages are limited Concessions apply. Ph: 9831 2070                                                                                                                                                                                                   |
| <b>Naturopath &amp; Dietician</b>                                        | 9:30am - 4:30pm<br>Tuesdays & Fridays            | Concessions apply. Herbs at cost. Ph: 9831 2070 for appointment.<br><b>Face to Face appointments</b>                                                                                                                                                                                  |
| <b>Oz Harvest and Food Bank</b><br><br><b>FREE Food Program</b>          | Appointment Only                                 | <b>BY APPOINTMENT ONLY</b> Collect a bag of fresh fruit, vegetables & grocery items.<br><br>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 |
| <b>Western Sydney Community Legal Centre Services.</b>                   | 9:30am - 12:30pm<br>Wednesdays<br>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**

