

BWGHC SERVICES

BLACKTOWN WOMEN'S AND GIRLS' HEALTH CENTRE
6 PRINCE STREET, BLACKTOWN NSW
02 9831 2070 / WOMENSANDGIRLS.ORG.AU

TERM 4 - 2026 SERVICES TIMETABLE

13 October 2026 - 17 DECEMBER 2026

MONDAY

11:30AM - 12:30PM | SOUND THERAPY

TUESDAY

9:30AM - 4:30PM | NATUROPATHY

9:45AM - 10:45AM | YOGA

12:30AM - 2:30PM | ART AS THERAPY

WEDNESDAY

9:30AM - 10:30AM | WALKING GROUP

9:30AM - 4:30PM | WOMEN'S HEALTH CLINIC

10:00AM - 1:00PM | LEGAL SERVICES

12:00PM - 1:00PM | BELLY DANCING

THURSDAY

9:30AM - 4:30PM | LEGAL SERVICES

10:30AM - 3:30PM | MASSAGE THERAPY

11:30AM - 12:30PM | DANCE, STRETCH & TONE

FRIDAY

10:30AM - 3:30PM | MASSAGE THERAPY

9:30AM - 4:30PM | NATUROPATHY

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To book an appointment for any of our services, please contact
Reception on 02 9831 2070

Please note: On-site parking is not available for clients or visitors.

ART AS THERAPY Tuesdays | 12:30am - 2:30pm

Art therapy is a form of expressive therapy that uses the creative process of making art to support physical, mental and emotional wellbeing. It encourages mindfulness, relaxation, and stress relief while helping participants explore their creativity in a supportive environment.

Sessions are facilitated by Jen, an Art Therapist and practising artist with a Bachelor of Psychological Science and Diploma of Counselling. Her approach combines therapeutic support with creative exploration, helping you reconnect with wellbeing through art and expression.

No experience needed - come and discover your creative side!

BELLY DANCING Wednesdays | 12:00pm - 1:00pm

A friendly, inclusive class open to women of all ages and backgrounds.

Belly dancing is a fun, low-impact way to improve fitness while enjoying movement and music. It can help tone muscles, enhance posture and balance, strengthen arms and core, support weight management, and reduce stress. Many participants also find it boosts confidence, memory, social connection, and sleep quality.

No experience needed - just come along and enjoy the fun!

DANCE, STRETCH & TONE Thursdays | 11:30am - 12:30pm

A welcoming class for women of all ages and backgrounds.

Led by Jrisi, an internationally trained and award-winning choreographer with a Bachelor of Arts, this class offers a unique and accessible approach designed especially for non-dancers. Each session blends gentle movement, stretching, and toning exercises to help you build confidence, improve fitness, and enjoy movement in a relaxed and supportive environment.

Expect an hour of fun, laughter, and feel-good movement!

No experience needed - just come along and join in!

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LEGAL SERVICES Qualified solicitors provide free, face-to-face legal advice and support through two fortnightly services:

Western Sydney Community Legal Centre NSW

Fortnightly | Wednesdays | 10:00am - 1:00pm

Legal advice from experience solicitors offering support across a broad range of areas including employment, family law, care and protection matters, domestic and family violence, debts, neighbourhood disputes, minor criminal matters, traffic offences, and more.

Women's Legal Service NSW

Fortnightly | Thursdays | 9:30am - 4:30pm

Legal advice and support, including specialist assistance for women and Indigenous women. Services cover a range of legal issues such as family law, domestic and family violence, and related matters.

Bookings are essential.

MASSAGE THERAPY Thursdays & Fridays | 10:30am - 3:30pm

Massage therapy can support relaxation, recovery, and overall wellbeing. It may help improve blood circulation, increase joint mobility, and assist in the repair of damaged tissues. Treatment focuses on balancing muscle length, tone, and tension, which can promote better movement, increased blood flow, and injury recovery.

CONCESSION \$15
PART-TIME WORKERS \$20
FULL-TIME WORKERS \$30

Bookings are essential.

NATUROPATHY Tuesdays & Fridays | 9:30am - 4:30pm

Face-to-face appointments

Naturopathy takes a holistic approach to healthy and wellbeing, supporting each person to live a balanced and health lifestyle. Care is based on treating the whole person and may include diet and lifestyle guidance, herbal medicine, supplements (herbs available at cost), and referrals to other health professionals when needed.

Appointments are tailored to individual needs, with a focus on long-term wellness and prevention.

CONCESSION \$5
PART-TIME WORKERS \$10
FULL-TIME WORKERS \$25

Bookings are essential.

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SOUND THERAPY Mondays | 11:30am - 12:30pm

Sound therapy uses soothing sound frequencies and vibrations to support relaxation and overall wellbeing. It may help reduce stress, ease physical discomfort, improve sleep quality, and enhance mood.

This calming session supports physical, mental and emotional balance in a peaceful and restorative environment.

WALKING GROUP Wednesdays | 9:30am - 10:30am

Join a friendly and relaxed walking group designed to support physical health, mental wellbeing, and social connection.

This gentle, guided walk is a great way to stay active, enjoy fresh air, and connect with others in a supportive and welcoming environment. Suitable for all fitness levels, with a focus on wellbeing rather than speed or distance.

Come along, move at your own pace, and enjoy the benefits of walking together.

WOMEN'S HEALTH Wednesdays | 9:30am - 4:30pm

CLINIC

Family Planning NSW
Bulk billed | Face-to-face appointments

A dedicated women's health service delivered by a female doctor and nurse, providing respectful and confidential care across a range of health needs.

Services include cervical screening (pap smears), contraception and family planning, pregnancy and fertility advice, STI testing and treatment, and general gynaecological health support.

This clinic offers a safe and supportive space for women to access essential healthcare.

To make a booking, contact 1300 372 372 or scan the QR code.



YOGA Tuesdays | 9:45am - 10:45am

A welcoming class for women of all ages, backgrounds, and abilities.

Led by a qualified instructor, this yoga session is designed to move at your pace in a supportive and inclusive environment. Regular practice may help improve sleep, increase flexibility, support health weight management, enhance digestion, boost circulation, and improve balance and overall wellbeing.

No experience needed - just come along and enjoy the benefits of yoga in a calm and friendly setting.

\$7.50 PER CLASS