

## Yoga

Yoga in a Chair  
9.15 - 10 am  
Managing Stress  
10.15 - 11 am  
Gentle Yoga  
11.15 - 12.15 pm  
Thursdays  
Starts 1st November



 **WOMEN'S**  
LEGAL SERVICE NSW

### Women's Legal Service NSW

A solicitor from Women's Legal Service NSW is available by appointment at the Centre to provide legal advice on a range of issues - domestic violence, Family Law, sexual assault, discrimination and equal opportunity...Call the Centre for a Thursday appointment.

### Bonnie Support Services

Bonnie Support Services has a Community Worker based at Liverpool Women's Health Centre. The Community Worker can assist with questions that you may have regarding Domestic Violence and/or Homelessness services. They can arrange support, outreach, and referral for accommodation, counselling and other programs. To book an appointment call Bonnies on 9729 0939 or phone us directly on 9601 3555.



### Rape and Domestic Violence Services Australia

Counselling for women who are adult survivors of **childhood sexual assault** is available at Liverpool Women's Health Centre. Rape and Domestic Violence Services Australia Counsellors are professionally qualified and trained and work within a best practice trauma-based therapeutic model. Please phone us on 9601 3555 for an appointment.



**LIVERPOOL**  
**WOMEN'S**  
HEALTH CENTRE

## TERM 4:

October to December, 2018

## WHAT'S ON AT YOUR WOMEN'S HEALTH CENTRE

Welcome to the Liverpool Women's Health Centre quarterly calendar where you will find all our up-coming programs, groups, workshops, activities and events for the months of October, November and December 2018.

For more information about any of our services or programs contact us.



Follow us on Facebook and stay up to date with our programs - Liverpool Women's Health Centre

Liverpool Women's Health Centre  
26 Bathurst Street, Liverpool 2170  
(Corner of Campbell & Bathurst Streets)  
Phone: 9601 3555 Fax: 9824 0448  
Email: SWSLHD-LiverpoolWomensHealthCentre@health.nsw.gov.au

## Spanish/English Speaking Women's Health Group

Thursdays starting  
15th November  
10.30 am - 12.30 pm

## HINDI/URDU/ ENGLISH SPEAKING WOMEN'S HEALTH GROUP

FRIDAYS

10.00 am - 12.30 pm





### Auriculotherapy

Ear acupuncture (Auriculotherapy) is a relaxing treatment which may assist in stress management. We have appointments available for you to experience ear acupuncture in a group setting. Starting 26 October. Sessions will run in the afternoon from 2.15 pm. Please contact reception on 9601 3555 to book. Cost is \$5.00 per session.



### Aboriginal Women's Group - Ngalawa Wingara

Means 'to sit and think' and is also the name of the Aboriginal women's healing space at the Centre. Come yarn about what helps us heal and nourishes our spirit through times of grief and loss. Starts Monday 22 October from 10.00 am to 12.00 pm. Morning tea provided. Please call Sandy or Monika on 9601 3555.



### Parent - Child Mother Goose

This group, for mums with kids from 0-4 years, is designed to strengthen the attachment and interaction between mothers and their children. In this eight week program you will gain skills and confidence that can lead to positive parenting relationships. We focus on using rhymes, songs and story telling that will be both enjoyable and beneficial to the mothers and their children. Phone 9601 3555 to register or to speak to Ngan or Monika. Tuesdays starting 16th October from 9.30 am to 11.00 am.



### Aboriginal Women's Group

We are a group of Aboriginal Women who meet to yarn about life and the issues we face everyday. Come along to our excursions and camps and share your experiences and stories with others. Lunch provided. Thursdays from 10 am to 2.30 pm. Held at Liverpool Women's Resource Centre. 23 Sheriff Street Ashcroft. Contact Rosheen on 9607 7536.



### Women's Support Group

This group will meet fortnightly and provide opportunities for women to develop and form a social network. You will also be taking away information on how to cultivate emotional health and wellbeing. Thursdays **fortnightly** starting 25 October from 10.00 am - 12.00 noon.



### Kitchen Garden Remedies - Veg out this Summer

Who said veggies had to be boring? Lets look at fun ways to use summer vegetables for every meal of the day. Beetroot, capsicum, lettuce, radish, tomatoes, cabbage, cucumbers, parsley, sweetcorn and zucchini. Learn how to plant, care, prune and harvest the above vegetables. Including some amazing dishes that are gluten free. Tuesday 30th October from 10 am to 12.00 noon. Donation \$5.00 for ingredients.