



## YOGA

THURSDAYS STARTING  
7TH FEBRUARY

YOGA IN A CHAIR -  
9.15 - 10 AM  
MANAGING STRESS -  
10.15 - 11 AM  
GENTLE YOGA -  
11.15 - 12.15 PM



SPANISH/ENGLISH  
WOMEN'S HEALTH  
GROUP  
THURSDAYS STARTING  
7TH FEBRUARY  
10.30 AM - 12.30 PM



Hindi/Urdu/English  
Speaking  
Women's Health  
Group

Fridays 10.00 - 12.30 noon



### 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 1:

February to April, 2019

## 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 February, March and April 2019.

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-LiverpoolWomensHealth  
Centre@health.nsw.gov.au



### **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 Friday 11th January, sessions will run in the afternoon from 2.15 pm. Please contact reception on 9601 3555 to book. Cost is \$5.00 per session.



### **Kitchen Garden Remedies - Compost your gut and your garden**

Our gut is our garden bed and we need to take care of it, because if we have a healthy gut we have a healthy mind. Learn about green and brown compost and how to make worm friendly soil. Learn how to make sauerkraut and take home a jar with you. Tuesday 19<sup>th</sup> February from 10 am to 12.30 pm. Bring a big bowl, apron, knife, grater and peeler. Cost: \$10 waged/part-time worker or \$5 unwaged/pension, or donation of \$10/\$5 to cover ingredients.



### **Living with Anxiety**

Living with anxiety can be difficult and challenging in all sorts of ways. Simple tasks like sleeping and getting out and about and feeling good about ourselves can be a daily struggle. In this four week group you will gain skills and knowledge to help you tackle the challenges of a life with anxiety. Starting Friday 22nd March from 10.30 am to 12.30 pm.



### **Emotional Wellbeing, Stress Management and Mindfulness**

Come and join us for this five week program where we will introduce you to practical ways to enhance your emotional wellbeing and learn about stress management techniques and mindfulness practices. Starting Tuesdays 12th February from 10 am to 12 noon.



### **A Safe Place**

Do you want to understand more about domestic Violence? We will explore topics such as: different forms of abuse, warning signs in relationships, safety, healing and growth. Join us Tuesdays starting 19th February from 10 am to 12.30 pm. Call Sonia or Laura on 1800 111 146 from Green Valley Domestic Violence for a pre-group interview to discuss if this program is right for you.



### **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 join other Aboriginal women in craft and yarn about what helps us to heal and nourish our spirit. Starts Monday 11th February from 10.00 am to 12.00 pm. Morning tea provided. Please call Sandy or Monika on 9601 3555.