



**Yoga**

THURSDAYS STARTING  
25TH JULY

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



**Tai Chi**

*Mondays starting  
22nd July*

*Beginners  
10 am - 10.45 am  
Intermediate  
11 am - 12 noon*



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

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FRIDAYS 10.00 - 12.30 PM



**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 3 :**

**July, August, September 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 July, August and September 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

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Website: [liverpoolwomenshealth.org.au](http://liverpoolwomenshealth.org.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 26th July, sessions will run in the afternoon from 2.15 pm. Please contact reception on 9601 3555 to book. Cost is \$5.00 per session.



### **Spanish/English Women's Health Group**

This group is conducted by a Spanish/English speaking facilitator and will cover a range of women's health and wellbeing topics. This group is conducted in Spanish. Thursday starting 25th July from 10.30 am -12.30 pm.



### **Asthma Workshop**

In conjunction with Asthma Australia this workshop will provide participants with information about Asthma and the current treatment options. Correct use of inhalers will also be taught. Participants will also receive information on Asthma management plans. Wednesday 4th September from 10 am - 12 noon.



### **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 19th August from 10.00 am to 12.00 pm. Morning tea provided. Please call Sandy 9601 3555.



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

Come and join us for this six 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 20th August from 10 am to 12.30 pm.



### **Kitchen Garden Remedies - Diabetes and your Kitchen Garden**

Learn how simple things you can grow and eat, can help you stay well with diabetes or better still help prevent it. Learn the principles of healthy eating and share a wholesome balanced meal. Tuesday 17th September from 10 am to 12 noon.