

YOGA



THURSDAYS STARTING
17TH OCTOBER

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
14th October
Beginners
10 - 11.00 am
Fridays
Intermediate
10 - 11.00 am




**Hindi/Urdu/English
Speaking Women's
Health Group**

Fridays 10 am - 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 4 :

October, November and
December 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 October, November and December. **Please note: Parking is NOT available onsite for clients or visitors**

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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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 18th 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 join other Aboriginal women in craft and yarn about what helps us to heal and nourish our spirit. Starts Monday 21st October from 10.00 am to 12.00 pm. Morning tea provided. Please call Sandy 9601 3555.



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 Fridays starting 1st November from 10 am to 12.30 pm. Call 96013555 for a pre-group interview to discuss if this program is right for you.



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 well-being topics. This group is conducted in Spanish. Thursday starting 7th November till the 12th December from 10.30 am -12.30 pm.



Kitchen Garden Remedies - Inflammation, Pain Management and Your Kitchen Garden

Do you suffer from pain or any of these inflammatory conditions: rheumatoid arthritis, osteoarthritis, fibromyalgia or chronic fatigue? Learn how simple things you can grow and eat can help you reduce pain and inflammation, and restore health. Learn the principles of an anti-inflammatory diet and how to reduce the effects of inflammation. Tuesday 26th November 10 am to 12.30 pm.



Women's Health Update - Workshop

Topics covered would be cervical screening, breast health, continence, menopause and contraception. Come to an update and learn more about your health. Bring your questions with you. Wednesday 6th November from 10.00 am to 12 pm.