

YOGA THURSDAYS STARTING  
30TH JANUARY

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



### Tai Chi



Monday and Friday  
Starting 3rd February 2020  
10 am - 11 am

### Liverpool Women's Health Centre

26 Bathurst Street, Liverpool 2170  
Phone: 9601 3555 Fax: 9824 0448  
Email: SWSLHD-LiverpoolWomensHealth  
Centre@health.nsw.gov.au  
Website: liverpoolwomenshealth.org.au



### 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, March and April  
2020

### 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.

**Please note: Parking is NOT available onsite for clients or visitors. Parking is available at Westfield across the road. First three hours free.**

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





### 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 10th 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.



### 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 10th February to 23rd March from 10.00 am to 12.00 pm. Morning tea provided. Please call Sandy on 9601 3555.



### Emotional Wellbeing, Stress Management and Mindfulness

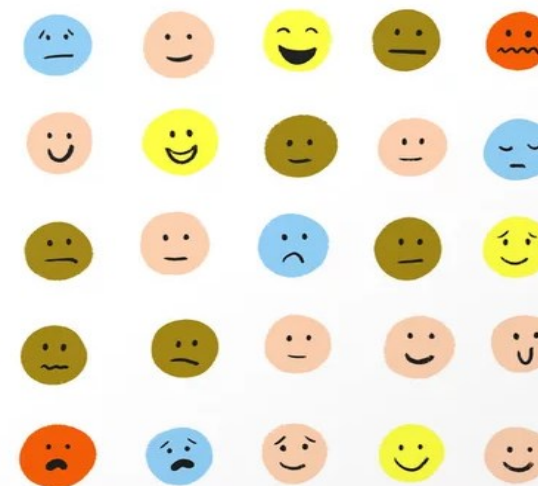
Come and join us for this six-week program where we will introduce you to practical ways to enhance your emotional wellbeing and learn about stress management techniques and mindfulness practices. Starting Tuesdays 11th February to 17th March from 10 am to 12.30 pm.



### Hindi/Urdu/English Speaking Women's Group

This group is conducted by a Hindi/Urdu/English speaking facilitator and will cover a range of women's health and well-being topics. The group is conducted in Hindi/Urdu/English and will run on Fridays from 10 am - 12.30 pm.

### MOODS IN A DAY



### Kitchen Garden Remedies - Foods for Moods

There is evidence that gardening (hands in the dirt) can improve your mood. There are many foods which have been shown to lift your mood too. **Mood foods:** Leafy greens, bok choy, spinach, mushrooms, quinoa, salmon, dark chocolate, yoghurt, sauerkraut and grapes. Tuesday 24th March from 10 am -12.30 pm.