

### Monday

#### FAIR TRADING SHOPPING TALK

Monday 11th September

10:00am -12:00pm

\$5 donation per session

The Department of Fair Trading will talk about your rights as a consumer; Scams to avoid; warranties and returns and more. Bring your questions. Morning tea and a chat afterwards.

**Bookings and information on 43242533**



Childcare available if pre-booked (\$3 /session).

#### FRUIT AND VEG SENSE With NSW cancer Council

Monday 18<sup>th</sup> September

10:00am -12:00pm

\$5 donation per session

A workshop for parents, grandparents and carers. You will learn what a serve of fruit and veg looks like; how much your family needs; the difference between fresh, frozen & canned; how to save money; fussy eaters and more. Bring your questions.

Healthy morning tea afterwards

**Bookings and information**

**4324 2533**



Childcare available if pre-booked (\$3 /session).

### Tuesday

#### YOUR BEST SELF

9.30am – 11.30am

\$5 donation per session

Recovery & Growth. 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month during school term.

**Pre-group appointment phone Intake on 43242533**

Sorry, no childcare available.

Please Note "Beyond Survival Group" was held on a Wednesday Term 2 and is now held on a Tuesday.

#### BEYOND SURVIVAL GROUP 9.30am -11.30am

\$5 donation per session

A Support/therapeutic Group for survivors of childhood sexual abuse. Who have previously had some counselling in relation to the abuse or attended a survivors group usually meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month during school term.

**Pre-group appointment phone Intake on 4324 2533**

Sorry, no childcare available.

### Wednesday

#### EMPOWERMENT AND PERSONAL FREEDOM – WITH FIONA MCKILLOP.

10:00am – 12:00pm

\$5 donation per session

6-week wellbeing group commencing Wednesday 26<sup>th</sup> July then each Wednesday, finishing 30<sup>th</sup> August

**Bookings & information 4324 2533**



Childcare available if pre-booked (\$3/session).

#### WOMEN'S HEALTH WORKSHOP.

We will discuss the new pap tests commencing in December. Learn how to self-examine your breasts. Ever wondered if you are doing your pelvic floor exercises right? Bring your questions with you. Wednesday 20<sup>th</sup> September 10.00am to 12 noon

**Bookings & information 4324 2533**



Childcare available if pre-booked(\$3/session).

#### SEXUAL ASSAULT TRAUMA COUNSELLOR

Available each Wednesday and Thursday. This is a service of Rape and Domestic Violence Service Australia

Professionally trained and qualified counsellor; Best Practice Trauma based therapeutic model;

**Bookings & information 4324 2533**



Childcare available if pre-booked (\$3/session).

### Thursday

#### ANXIETY-STRESSLESS- Dealing with Anxiety and getting what you want out of life

10am – 12:00pm

\$5 donation per session

Information and support guiding you towards positive change. 6-week group commencing Thursday 3<sup>rd</sup> August then each Thursday, finishing Thursday 7<sup>th</sup> September

**Pre-group appointment phone Intake on 4324 2533**



Childcare available if pre-booked (\$3/session)

### Other Services

#### CHILDCARE



a qualified childcare service is available while women are attending some groups & clinic, limited availability must be pre-booked (\$3 /session).

**Bookings essential 4324 2533**