



Phone: 4351 1152

Email: nwhc.reception@cccwhc.com.au
Rose Cottage, 7 Rose Street, Wyong 2259

Wot's on


Wyong

Monday

CATHOLIC CARE'S REGAINING SELF 10am - 12.30pm FREE

9-week group commencing 24th July then each Monday, finishing 18th September. Topics: Identifying Domestic & Family Violence, self-esteem, anger, communication, moving on.

Bookings essential - please call Leanne on 4356 2600 or 0409 560 339


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

FREE LEGAL ADVICE FOR WOMEN

Once a fortnight.

Legal Aid solicitors to help you with what to do when you: separate, children, mediation, Community Services, child support matters.

**Bookings essential
4351 1152.**

 Childcare available mornings only

OLDER WOMEN'S NETWORK 1pm Monday 3rd July & 7th Aug 4th September.

OWN promotes the rights, dignity and wellbeing of older women. The group advocate on issues of concern to older women.

Phone Pauline on 4353 9914 or 0409 229 266.

VISION BOARD (*Jill*) 12.30pm – 2.30pm

\$5 donation per session

2-week group starts 31st July & 7th August and a second group starts 4th Sept & 11th September.

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VITALITY & ENERGY Management, (*Fiona McKillop*) 12:45pm – 2:15pm

\$5 donation per session

Monday 24th July to 28th August

Using Qigong principles for healing and meditation to restore wellbeing and health.

Phone 4351 1152

No childcare available.

Tuesday

SCRAPBOOKING CARD MAKING (*Lucy*) 10am - 11.30am

\$5 donation per session

Tuesday 18th July. 1st & 15th August. 5th, & 19th September.

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No childcare available.

HEALTH, WELLNESS AND VITALITY (*Veronica*)

12.30pm to 2.30pm

\$5 donation per session

6-week group. Starts 18th July to 22th August.

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IN CHARGE OF MY MONEY – Wesley Mission FREE

10am - 1.30pm

Tuesday 1st August

This is a practical program which helps with managing your money and debt, savings, setting goals, budgeting skills.

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Sorry, no childcare available.

MORNING TEA for Women's Health Week 10am to 11am 5th September

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Thursday

MENOPAUSE AND ME. Myth, Meaning & Metamorphosis. Let's talk about it. (*Julie Darge*)

10am to 12:00 noon

\$5 donation per session

6-week group. Commencing 17th August to 21st September

Take a new look at Menopause.

Phone 4351 1152

Please note you must attend the first week.

Childcare available if pre booked \$3 session.



YOGA AND MEDITATION

1pm - 2.30pm

\$5 donation per session

27th July to 31st August.

Bookings essential 4351 1152

Sorry, no childcare available.

SUPPORTED PLAYGROUP

9:30am to 11:30am

\$5 donation per session

Facilitated by Uniting on Thursdays during school terms.

Call Uniting on 1800 067 967.

DROP IN

Any Monday Tuesday mornings or Thursday for help, support and referral.

COUNSELLING

Monday and Thursday at Wyong

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