

Expression of Interest

SOCIAL GROUP FOR WOMEN OVER 50

The Central Coast Community Women's Health Centre would like to offer a social group and get together for woman over 50. This would be a chance to break down isolation and mix with other women, plan social events, and enjoy guest speakers. Art and craft sessions and more. It would be run by the women for the women. If you might be interested in this group, **please call Kate on 43372202 and register your interest**

Tuesday

YOUR BEST SELF

Your Best Self is taking a break in Term 1 2018. It will be back, better than ever. We are taking this time to re-evaluate the group, its content and presentation.. **If you would like to register your interest for the new "Your Best Self", please call Kate on 43372201**

BEYOND SURVIVAL GROUP

10.00am -12.00 noon
\$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.

Meets on the second and fourth Tuesday of each month during school term. 13 February; (no group 27/2) 13, 27 March; 10 April.

Bookings and Information please phone 43372202

Sorry no childcare available



WOMEN'S NATURE & ADVENTURE WALKS

A series of walks for women with no experience through to hard walks for women who want to push themselves .Each walk includes a nature connection exercise. Walks are held on a Tuesday from 9.30am to 2.00pm **For a full program of walks or to book your spot call 43372202 or go to our website www.cccwhc.com.au.**

Sorry, no childcare available.

Wednesday

INTERNATIONAL WOMEN'S DAY FORUM

Wednesday March 7th

Please keep this date free, more information to come. We will have guest speakers, lovely food and a forum full of inspirational speakers to keep us all motivated in the fight for equality. The Outreach Centres will also have events. **Bookings and information please call 43372202.**

Sorry no childcare available



SAME SEX ATTRACTED WOMEN'S WISDOM CIRCLE

1st and the 3rd Wednesday of each month from 1.00pm to 3.00pm **NEW!**

Wyoming Women's Health Centre is providing an opportunity for same sex attracted women in the community to meet at the centre on a fortnightly basis. The group will be facilitated, however the format of the group is anticipated to be dynamic and directed by the interests of the women who attend. The initial meeting will be on **Wednesday 7th February at 1.00pm** and will be an opportunity to engage in discussions with the facilitator, Mace and other group members so that a group plan can be developed. Other Wednesday's 21February, 7, 21 March, 4th April

For more information or to register your interest please call facilitator Mace on 0449 808 817 or Kate on 43372202

Childcare available if

Pre-booked (\$3 /session).



EASY YOGA AND MEDITATION

10.00am to 11.30am

Over 6 sessions, Dayamitra will teach you how to calm your mind and gain control over your thoughts by connecting to the breath in both yoga and meditation practice. Dates for the group 7, 14, 21st February (no group 28/2) then 7, 14, 21st March **Bookings and information please phone 43372202**



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

Thursday

FROM SURVIVING TO THRIVING DOMESTIC VIOLENCE GROUP

10am – 12:00pm
\$5 donation per session

A 6 week group about surviving Domestic Violence, supporting women to regain power, choice and healing, commencing 8th March then each Thursday, finishing 12th April **Bookings & information 43372202**



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

HARMONY DAY AFTERNOON TEA

Thursday March 22nd
12.30pm to 3.30pm

Come along and hear guest speakers, enjoy food from other cultures and fun entertainment as well. **Children are welcome under your supervision. Please book your spot on 43372202**



PLEASE NOTE: Sometimes due to unforeseen circumstances dates and times of groups/events need to be changed. We will inform you if you are booked in and we have your contact details. We apologise in advance for any inconvenience