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Wot's on

Wyoming

Monday

POST NATAL DEPRESSION AND ANXIETY

9.30am to 12 noon

Monday 16th October then each Monday finishing 4th December
A support group for women with PNDA. You don't need to go through this on your own.

Topics include: Myths of Motherhood, What is Postnatal Depression and Anxiety? Management of Anxiety and Depression and Coping Strategies, Challenging Negative Thinking and Looking after Yourself. **LIMITED**



CHILDCARE available at the centre (\$3 donation), or babes in arms (up to 6 months) are welcome to the group. Phone 4328-7901 to reserve your place in the group and to notify of childcare

Tuesday

YOUR BEST SELF

9.30am – 11.30am

\$5 donation per session

Personal development and recovery group for women. Meets on the first and third Tuesday of each month during school term. 17th October, 31st October, 7th November, 5th December

Pre-group appointment phone Intake on 43372202

Sorry, no childcare available.

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. 10th, 24th October, 14th, 28th November, 12th December

Pre-group appointment phone Intake on 43372202

Wednesday

STAND TOGETHER

10.00am to 12.00pm

FREE A group for women on parenting after leaving domestic violence, 6 week group commencing Wednesday 25th October then each Wednesday finishing on 29th November

Bookings and pre group interview essential - phone Central Coast Family Support Services on 4340 1585 or email ccfss@ccfss.com.au



Childcare available if pre-booked.

AGED CARE

10am-12pm

\$5 donation per session

Join Adrianna from Salvation Army Plus when we look at Aged Care support options and what is out there for Carers. Wednesday 18th October. **Bookings & information 43372202**



Childcare available if pre-booked.

VITALITY AND ENERGY MANAGEMENT with Fiona McKillop

1pm to 2.30pm

\$5 donation per session

This course will introduce qigong, meditation and practical wellbeing techniques to restore physical and emotional health. Participants will be introduced to easy energy gathering exercises, different meditation practices, tips to enhance vitality and assist with self-empowerment 6-week group commencing 25th October then each Wednesday, finishing 29th November

Bookings & information 43372202



Childcare available if pre-booked \$3 /session

Thursday

HEALING FROM DOMESTIC VIOLENCE GROUP

10am – 12:00pm

\$5 donation per session

A 6 week group about surviving DV, supporting women regain power, choice and healing, commencing 2nd November then each Thursday, finishing 7th December

Bookings & information 43372202



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

MENOPAUSE AND ME

1pm– 3.00pm

\$5 donation per session

6-week psycho-educational group using a holistic approach, looking at myths and facts, gain a fresh perspective on Menopause.

Commencing Oct 26th then each Thursday, finishing 30th November. All women welcome

Bookings & information 43372202



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

SAME SEX ATTRACTED WOMEN'S WISDOM CIRCLE

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 in the new year of 2018 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.

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