



Phone: 4351 1152

Email: [nwhc.reception@cccwhc.com.au](mailto:nwhc.reception@cccwhc.com.au)  
Rose Cottage, 7 Rose Street, Wyong 2259

# Wot's on

Wyong

## Monday

### TERM 1 2018

#### Regaining Self- Catholic Care

You will learn how to identify domestic and family violence and its impact on children, understand your rights and identify your emotions and learn about healthy relationships.

Monday 5<sup>th</sup> Feb to 2<sup>nd</sup> April x 9 weeks  
Time 10am - 12.30pm

FREE

#### 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).

Provided by Legal Aid solicitors from the Family Law Early Intervention Unit to help you with what to do when you: separate, sorting out where children live and time spent with other family members, making the most of family law mediation services, cases involving your children and Family and Community Services, child support matters, and linking you to other services.

**Bookings essential**  
4351 1152.



Childcare available  
mornings only

#### OLDER WOMEN'S NETWORK

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

Monday 5<sup>th</sup> February, 5<sup>th</sup> March 2018.

Time 1pm

FREE

Phone Pauline: 4353 9914 or  
0409 229 266.

#### SHARK CAGE

This group will give you the knowledge and tools to feel empowered and actively decrease the likelihood of further involvement in unhealthy and unsafe relationships. Learn to identify what bars you need to strengthen in your shark cage.

Monday 19<sup>th</sup>, 26<sup>th</sup> Feb, 5<sup>th</sup>, 12 March

Time 10am to 12 noon

\$5 donation per session



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

#### MUMS & BUBS PILATES

Monday 5<sup>th</sup> Feb to 9<sup>th</sup> April

Time 8:30am to 9:30am

Cost: \$15 per class x 10 weeks

Contact Rebekah: 0479 188 066



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

## Tuesday

#### SCRAPBOOKING CARD MAKING

Time 10am - 11.30am

\$5 donation per session

Tuesday

Dates 13<sup>th</sup> 27<sup>th</sup> Feb 13<sup>th</sup> 27<sup>th</sup> March  
10<sup>th</sup> April.

Phone 4351 1152

No childcare available.

## Thursday

#### YOGA AND MEDITATION with Dayamitra

Time 1pm - 2.30pm

\$5 donation per session

Thursday 8<sup>th</sup> Feb to 29<sup>th</sup> March

Bookings essential 4351 1152

Sorry, no childcare available.

#### MINDFULNESS, MEDITATION & MOVEMENT with Fiona McKillop

Thursday 15<sup>th</sup> Feb to 8<sup>th</sup> March  
x 4 weeks

Time 10:30am to 12 noon

Donation \$5 per session

Bookings 42 51 1152

\$5 donation per session

Sorry no childcare available

#### FREE YOGA with Dayamitra.

Come and try this 1 off class and see if yoga is something for you.

Thursday 1<sup>st</sup> February

Time 1pm – 2:30pm

Bookings essential 43 51 1152

Sorry no childcare available

#### SUPPORTED PLAYGROUP

Time 9:30am to 11:30am

Facilitated by Uniting on Thursdays during school terms.

Call Uniting on 1800 067 967.

