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Wot's on

Wyoming

Monday

POST NATAL DEPRESSION AND ANXIETY

10.00am to 12 .30pm.

22nd Oct then each Monday morning finishing on Monday 3rd Dec. 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 43372202 to notify of childcare

CARD MAKING With Maggie

1.00PM – 3:00pm Free to attend. \$5.00 per card. A fun, social group for women who would like to express themselves artistically. No experience needed. Every 1st and 3rd Monday each month **This term 15th Oct; 5th, 19th Nov, Bookings & information 43372202 Sorry no childcare available**

Tuesday

BEYOND SURVIVAL GROUP 10.00am -12.00 noon

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 2nd & 4th Tuesday of each month during school term. \$5 donation per session **13th, 27th Nov and 11th December. Bookings and Information please phone 43372202**

Sorry no childcare available

Wednesday

STAND TOGETHER

9.30am to 11.30am, Please note an earlier start than usual.

FREE A group for women on parenting after leaving domestic violence, 6 week group commencing **Wednesday 24th October then 31st Oct, 7th, 14th, 21st, 28th 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 (\$3 /session).



SOCIAL GROUP FOR WOMEN OVER 50

1.00pm to 3.00pm.

A social group and get together for women over 50. The aim of the group is to break down isolation for women; to mix with other women in a social setting; plan social events; enjoy guest speakers; art and craft sessions and more. The group will be run by community women for community women. \$5 donation per session.

This term group will meet 17th, 31st October; 14th, 28th November

Some of these dates will be social outings. Please check where the group will be before attending, call 43372202

If you are interested in this group, please call Kate on 43372202

Sorry no childcare available

Thursday

SPRING & SUMMER WOMEN'S NATURE & ADVENTURE WALKS

9.30am to approximately 2.00pm.

A series of bush 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 Thursday. Bring hat, water, food, sturdy walking shoes, and a backpack. \$5 donation per session. **Walks for this term are 20th Sep, 18th Oct, 1st & 15th Nov, 6th Dec to request an itinerary of walks or to book your spot call 43372202. Meet at CCCWHC. Sorry, no childcare available.**

EMOTIONAL EATING

10:00am to 12:30pm

Understanding our unhealthy relationships with food using a holistic approach. We will cover what relationship, emotions and belief have got to do with it.

Commencing Thursday 25th Oct then 1st, 8th, 15th, 22, 29th Nov finishing 6th Dec.

Bookings 43372202

\$5 donation per session

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

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