



**Northern Women's Health Centre**  
 Email: [nwhc@cccwhc.com.au](mailto:nwhc@cccwhc.com.au)  
 Phone: 4351 1152  
 7 Rose Street Wyong 2259  
 Term 3 2021

Open Hours: 9am- 4pm

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	✓	✓	✓	✓		

# Wot's on Wyong Term 3 2021



This symbol indicates that childcare is available; pre-booking is required.

## MONDAY

### **Regaining Self**, delivered by CatholicCare

Register your attendance to this free support group that explores issues relating to domestic and family violence.

**Venue:** 7 Rose Street, Wyong

**Time:** 10.00am—12.00pm

**Dates:** Mondays— July 19, 26; August 2, 9, 16, 23 and 30 (7 sessions)

**Cost:** Free

**Phone:** CatholicCare on 4356 2600 or email [ccintake@catholiccaredbb.org.au](mailto:ccintake@catholiccaredbb.org.au)



Free Childcare available; pre-booking required

**FREE Legal Advice for Women**, delivered by DV Unit of Legal Aid 2nd & 4th Mondays face to face or via phone.

They can help you with:

- Getting an Apprehended Domestic Violence Order
- Sorting out arrangements for children
- Getting a divorce
- Getting child support and /or maintenance
- Help with sorting out problems with Community Services
- Help with victims support

**Call to book your session:** 4351 1152

### **Older Women's Network (OWN)**

OWN promotes the rights, dignity and wellbeing of older women. The group meets monthly for a fun social afternoon.

**Venue:** 7 Rose Street, Wyong

**Time:** 1.00pm—2.30pm

**Dates:** Monday July 5, August 2 and September 6

**Phone** Pauline on 4353 9914 or 0409 229 266.

## TUESDAY

### **Bringing Up Great Kids for Aboriginal families (children 0-12)**

Bringing up Great Kids uses mindfulness and reflection to assist parents to examine and improve their communication with their children. It aims to foster respectful and positive interactions which support children's development and self-esteem.

In partnership with **Gudjagang Ngara Li-dhi Aboriginal Corporation**

**Venue:** TBC

**Time:** 10.00am to 12.00pm

**Dates:** Tuesdays— July 20, 27, August 3, 10, 17, 24 (6 week course)

**Cost:** Free

**Phone:** 4351 1152 Bookings essential.



Free Childcare available; pre-booking required



### **Emotional Freedom Techniques (EFT) for Stress Management** with Leanne

Learn a new technique to manage your stress in this one day session.

**Venue:** 7 Rose Street, Wyong

**Time:** 10am - 12.00pm

**Dates:** Tuesday—September 7

**Cost:** Free

**Phone:** 4351 1152



Free Childcare available; pre-booking required

### **Card Making with Lucy**

**Venue:** 7 Rose Street, Wyong

**Time:** 10am - 11.30am

**Dates:** Tuesdays— July 13, 27, August 10, 24, September 7

**Donation:** \$5 per session

**Phone:** 4351 1152

## WEDNESDAY

### **Tuning into Kids™**, delivered by Leanne

Tuning into Kids is a parenting program, for parents of children aged 0-12 years that aims to give you helpful ways of teaching your child the skills of emotional intelligence.

**Venue:** 7 Rose St, Wyong

**Time:** 10.00am to 12.00pm

**Dates:** Wednesdays July 14, 21, 28, August 4, 11, 18 (6 week course)

**Cost:** Free

**Phone:** 4351 1152 bookings essential



Free Childcare available; pre-booking required



### **Shark Cage for Women with children aged 0—12**, delivered by Leanne

This course will give you the tools to feel empowered and decrease the likelihood of future involvement in unhealthy and unsafe relationship.

**Venue:** 7 Rose Street, Wyong

**Time:** 10.00am—12noon

**Dates:** Wednesdays—August 25, September 1, 8, 15 (4 sessions)

**Cost:** Free

**Phone:** 4351 1152 Bookings essential.



Free Childcare available; pre-booking required



Wednesday continued on page 2

Our Vision: A feminist health centre of excellence enabling Central Coast women access to holistic health care.

We acknowledge the Darkinjung people who are the traditional custodians of the land on which we live and work and remember that this is Aboriginal Land.



@CCCWHC



@CCCWOMENSHEALTHCENTRE



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# Wot's on Wyong Term 3 2021

## WEDNESDAY

### *Meditation* with Debbie

Relax, improve your sleep, release muscles, improve focus & concentration and improve memory.

**Venue:** 7 Rose Street, Wyong

**Time:** 10:00am - 11:00am

**Dates:** Wednesdays—July 28, August 4, 11, 18, 25 and September 1 (6 sessions)

**Donation:** \$5 per session

**Phone:** 4351 1152



### *Yoga* with Jacqui

Take a little time out for yourself! Practise some Self Care through Yoga. This gentle and meditative form of yoga will have you mindfully practising postures (Asana), breathing practises (Pranayama), deep relaxation (Yoga Nidra) and meditation.

*This is inclusive for women of all nationalities and abilities.*

**Venue:** 7 Rose Street, Wyong

**Time:** 1:00pm to 2:00pm

**Dates:** July 21, 28; August 4, 11, 18, 25 & September 1

**Donation:** \$5 per session

**Bookings essential 4351 1152**

Please bring your own mat, a flat cushion and a blanket for padding and warmth. Try not to eat a big meal within 2 hours of the class start time...

your body will thank you for it!



## WEDNESDAY

### *Over 50's Social Group* with Jill

We will meet twice a month, on the first and third Wednesday of the month (location to be determined). Activities such as health experts on fascinating topics or new experiences followed by BYO lunch with engaging conversations. Please join us for a fun day with like-minded women.

**Venue:** locations determined closer to date

**Time:** 12:00pm to 1:30pm, BYO lunch

**Dates:** Wednesdays— July 21; August 4, 18; September 1, 15

**Cost:** A donation to the Centre is appreciated

**Phone:** 4351 1152 for information

## THURSDAY

### *Managing Anxiety*, delivered by Karina

Anxiety is something we all experience at some point in our lives. We will look at causes of anxiety, coping techniques and strategies. We invite you to explore using a holistic approach in a safe and gentle space.

**Venue:** 7 Rose Street, Wyong

**Time:** 10:00am - 12:00pm

**Dates:** Thursdays—August 5, 12, 19, 26, September 2, 9 (6 sessions)

**Donation:** \$5 per session

**Phone:** 4351 1152



## CHILDCARE

A childcare service is available for women attending Monday morning groups, Legal Aid and counselling. Parents/carers must remain on the premises.

Childcare is also provided for parenting groups.

Our staff are qualified childcare workers who offer a safe and nurturing space for children 0—5 years of age. We appreciate a \$3 donation per session. Please bring food, drink, nappies.



On arrival at the Centre you will be asked to check in using the QR code or provide your phone number, have your temperature taken and to use hand sanitiser as we all work together to keep everyone COVID-19 free.

We look forward to seeing you at the Centre during Term 3.

Our Vision: A feminist health centre of excellence enabling Central Coast women access to holistic health care.

We acknowledge the Darkinjung people who are the traditional custodians of the land on which we live and work and remember that this is Aboriginal Land.