



Northern Women's Health Centre
 Email: nwhc@cccwhc.com.au
 Phone: 4351 1152
 7 Rose Street Wyong 2259
 Term 4 2023

Open Hours:
 Monday to Thursday
 9am to 4pm

Wot's on Wyong Term 4 2023



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

MONDAY

Regaining Self delivered by CatholicCare

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.

Venue: 7 Rose Street, Wyong

Time: 10.00am—12.30pm

Dates: Mondays— Oct 16, 23 & 30; Nov 6, 13, 20 & 27
 (7 sessions)

Cost: by donation

Bookings are essential call

CatholicCare: 1800 324 924

info@catholiccaredbb.org.au

Childcare available; pre-booking required (\$3 per child, per session)

FREE appointments Domestic Violence Unit of Legal Aid for Women

Appointments on the 2nd and 4th Mondays, with your choice of an in-person or a phone consultation, with a Legal Aid solicitor from the Domestic Violence Unit.

They can help you with:

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

Call to book: 4351 1152

Note last appt in 2023 is 11 Dec 2023

Childcare available; pre-booking required (\$3 per child, per session)

MONDAY

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: 1st Monday of each month— Oct 9, Nov 6 & 4 Dec

Phone Pauline on 4353 9914 or 0409 229 266



TUESDAY

The Shark Cage, delivered by Leanne, for women with children aged 0—12

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

Venue: 7 Rose Street, Wyong

Time: 10.00am—12.30pm

Dates: Tuesdays— Oct 10, 17, 24 & 31; Nov 7, 14, 21 & 28 (8 weeks)

Cost: Free

Phone: 4351 1152 Bookings

✓ Free Childcare available; pre-booking required

Funded by:



WEDNESDAY

Steps 2 Success presented by Happiness Habits Inc

- ◆ Gain confidence
- ◆ Feel empowered
- ◆ Successful job seeking skills
- ◆ Tools to help you find your purpose
- ◆ Strengths & goals
- ◆ Mentoring opportunities

Discover your purpose! Embark on an empowering 8-week journey. Set meaningful goals, gain confidence and feel supported.

Venue: 7 Rose Street, Wyong

Time: 9.30am—1.30pm

Dates: Oct 11, 18, 25; Nov 1, 8, 15, 22, 29; Dec 6, 13

Phone 4351 1152

✓ Free Childcare available; pre-

Funded by:



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.



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Thursday

Self Compassion with Karina

"Self compassion entails being warm and understanding to ourselves especially when we are suffering and feel inadequate"

Over 6 sessions we will explore tools to embrace yourself and your imperfections, giving you the resilience needed to thrive.

Venue: 7 Rose Street, Wyong

Time: 10:00am – 12:30pm

Dates: Thursdays, Nov 2, 9, 16, 23 & 30; Dec 7 (6 sessions)

Cost: \$5 donation per session

Bookings Essential: 4351 1152



✓ Childcare available; pre-booking required; \$3 per child per session.

Christmas and New Years closure of Central Coast Community Women's Health Centre's (Wyong, Wyoming and Woy Woy)

Each year the Centre's close over Christmas and New Year. The Centre's will be closed from Monday, 18 December and will re-open on Tuesday, 2 January.

Looking forward—Term 1 2024

- DV Unit Legal Aid will resume in February 2024 (Mondays)
- Regaining Self on Mondays
- Bringing Up Great Kids for Aboriginal Families (Tuesdays)
- Seasons for Growth for Adults (Wednesdays)
- The Shark Cage (Thursdays)

Please make a donation for counselling, childcare or for the Yoga sessions, cash or credit card.



General Practice Women's Clinic at Wyoming

We are a GPA Accredited Organisation

Our Women's Health GP's, Dr Silke and Dr Erin, help women manage menopause, sexual and reproductive health, contraception, mental health, pregnancy choices and more!

4324 2533 to book an appointment
37 Maidens Brush Road Wyoming NSW 2250

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