



Wyoming Women's Health Centre
 Email: intake@cccwhc.com.au
 Phone: 4324 2533 press 2
 37 Maidens Brush Rd, Wyoming 2250
 Term 3 2023



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

Open Hours:
 Monday 9am - 4pm
 Tuesday 8.30am - 4pm
 Wednesday 9am - 4pm
 Thursday 8.30am - 4.30pm
 Friday 9am - 4pm

Wot's on Term 4 2023 Wyoming



Groups will be held at Lifeline, 15 Cary St, Wyoming! No childcare available.

We are upgrading our Centre! Groups will be delivered offsite. Thank you for your patience!

THURSDAY

Fresh Start Workshops with Kylie
 Get ready for 2024!

Would you like to move from surviving to thriving? Join us for a four week program where you will be empowered to:

- Build healthy long term habits that promote physical, mental and emotional wellness.
- Improve your confidence and self belief.
- Learn to establish healthy boundaries with yourself and others.
- Overcome procrastination

Venue: Lifeline, 15 Cary St, Wyoming

Time: 10.00am—12.30pm

Dates: Thursdays: October 26 -

November 16 (4 sessions) **Register**

your interest: call 4337 2202 **Cost:** \$5 per session



NO childcare available.

Coming soon in term 4- Somatic Dance Movement Therapy

When we start to move differently we feel think and experience change in every aspect of our lives. This is a body-based method for regulation recovery and healing.

Kincumber Neighbourhood Centre - Dates to be confirmed.

Enquiries: Contact Tina 4337 2202 or email intake@cccwhc.com.au



WEDNESDAY

Story Telling and Scribbles

Creative and connection group with Rachel Bunney

Join this fortnightly creative and connection group where laughter, conversation and artistic expression intertwine. Drawing materials are supplied.

Venue: Lifeline, 15 Cary St, Wyoming

Time: 10.00am—12.00pm

Dates: Wednesdays: October 11, 25, November 8, 22 and December 6 (5 sessions)

Bookings: phone 4337 2202 or email intake@cccwhc.com.au

Cost: \$5 per session



NO childcare available.

WEDNESDAY

Gentle Yoga with Abi

Movement, postures, breath awareness and relaxation. Yoga has long been known to improve strength and flexibility, calm the nervous system and teach skills to relax on a deeper level. This is an EASY and gentle exercise class. Please bring Yoga mat, a cushion, blanket and wear comfortable clothing.

Venue: Venue: Lifeline, 15 Cary St, Wyoming

Time: 1.00pm - 2.00pm

Dates: Wednesdays: October 11 - November 29 (8 sessions)

Bookings: phone 4337 2202 or email intake@cccwhc.com.au

Cost: \$5 per session



NO childcare available.





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 Term 1 2023

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Wot's on Term 4 2023 Wyoming



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General Practice Women's Clinic at Wyoming

We are a GPA Accredited Organisation



Our Women's Health GPs 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



Book your appointment with HotDoc (<https://cccwhc.com.au/services/medical-services/>) or call Reception!

We have part-time doctors at our Wyoming service providing specialist women's health within a holistic women's health setting at our General Practice Women's Health Clinic.

Women's Health Service include:

General practice

Our Doctors will see Clients presenting with general health issues including reproductive and sexual health, poor nutrition, obesity, chronic disease and tobacco, drug and alcohol dependency and mental and emotional health and wellbeing issues.

Women's Health GP's specialise in and conduct the following health checks and monitoring:

- cervical screening (previously pap smears)
- breast checks and management of breast disease
- menstruation and premenstrual syndrome problems
- providing peri-menopause and menopause advice
- treatment of gynaecological issues
- antenatal shared-care and postnatal check-ups
- pregnancy testing and counselling
- testing for sexually transmitted infections and providing safe sex advice

And so much more!

For enquiries or to make an appointment, please call our friendly clinic reception team on **02 4324 2533**

