



Peninsula Women's Health Centre
 Email: pwhc@cccwhc.com.au
 Phone: 4342 5905
 20a McMasters Road
 Woy Woy NSW 2256

Open Hours: 9am- 4pm

Sun	Mon	Tues	Wed	Thur	Fri	Sat
		✓	✓	✓		

Wot's On

Woy Woy

Term 1 2024



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

TUESDAY

Creative Care Group with Jacquie



Creative Care with J'Qui, a registered Art Therapist.

Creative Care is Self Care! – it is both mindful and mindless.

Creative activity reduces stress and increases serotonin levels and our feel good hormones.

From marbling to mandalas, weaving to watercolours.

It's more about the process than the perfection!

Time: 11.00am—1.00pm

Date: Tuesday 13, 20 & 27 Feb; 5, 12 & 19 March 2024. (6 weeks)

Cost: \$5 for materials

Bookings: call 4342 5905

No Childcare available

Return participants are invited to contact

Jacquie directly to join the Tuesday

afternoon group—mob 0497 491 791.

You're The Boss delivered by Heather



So many of us are just coping with the cost of living and finding it hard to afford the essential items.

Join **You're the Boss** and gain a range of tools and processes to help reduce money stress.

Time: 10.00am — 11.30am

Date: 9 April 2024

Cost: Free

Bookings call 4342 5905

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

TUESDAY

Mums and Bubs Return to Exercise Class with Lisa

Join me for this 6 week program as we connect to the pelvic floor and core through breathing and specific exercises. A gentle way to ease back into exercise to make sure you feel supported from the inside out.



Times: 9.30am—10.15am

Dates: Tuesday 13, 20 & 27 Feb; 5, 12 & 19 March 2024.

Cost: \$15 per class

Required Equipment: Bring your yoga mat (mats cannot be shared) and a water bottle.

Bookings: call 4342 5905

Babies welcome!

WEDNESDAY

Baby Massage delivered by Core of Life/Sophie Hadlow

"Nurturing touch supports a loving, secure relationship"

Baby Massage 4 week group is run by a certified Baby in Mind instructor/midwife.

Time: 10.30am—11:45am

Date: Wednesday 28 Feb; 6, 13 & 20 March 2024.

Cost: By donation

To book:

Use QR code or call 4342 5905



WEDNESDAY

Gentle Yoga with Dee

Come along for a gentle yoga class suitable for all. (6 weeks)

Times: 9.00am—10.00am

Dates: each Wednesday 7, 14, 21 & 28 Feb; 6 & 13 March 2024.

Cost: \$5 donation

Required Equipment: Bring your yoga mat (mats cannot be shared) and a water bottle.

Bookings: call 4342 5905

No childcare available



Lomi Lomi Massage with Jen

This massage technique works gently, yet deeply, on the muscles by using continuous flowing strokes.

45 Minute. appointment

Time: : 9.00am, 10.00am & 11:00am

Dates: Wednesday 14 & 21 Feb; 6 & 13 March; 10 April 2024

Cost: \$50 per session

Appointments required:

Call 4342 5905



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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Wot's On Woy Woy Term 1 2024



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WEDNESDAY

1-2-3 Magic with Central Coast Family Support Services

1-2-3 Magic & Emotion Coaching delivered by CCFSS.

A three-session program designed to teach parents ways to manage their children's behaviour that also builds their children's emotional resourcefulness. It encourages a calm approach to parenting, even in those tough moments, and shows parents how to improve their relationship with their children.

Times: 12:30pm—2:30pm

Dates: Wednesday; 21 & 28 Feb; 6 March 2024. (3 weeks)

Cost: by donation

For more information please call [Central Coast Family Support Services on 4340 1585](tel:43401585) or email ccfss@ccfss.org.au



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

Women's Health Clinic now open on the first Wednesday of each month at the Peninsula Women's Health Centre

The outreach clinic is run by our experienced Registered Nurse, and is free to all women that are eligible for Medicare benefits. The clinic provides cervical screening tests and HPV self collection tests.

Appointments essential:

Contact the Wyoming Women's Health GP Clinic on **4324 2533**.

THURSDAY

New Start Workshop with Clare

Get ready for 2024! Learn how to manage problems and setbacks. Join us for this 4 week program where we will cover: healthy lifestyle choices, confidence and self-belief, stress management techniques and building emotional strength, assertiveness, increased motivation and overcome procrastination.

It is important to attend all the sessions to make the most of your learning and development.

Time: 12.30pm-2.30pm

Dates: Thursday 14, 21 & 28 March; 4 April 2024.

To register call 4342 5905.



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

CCCWHC International Women's Day 2024

Hold The Date: Thursday, 7 March 2024

Venue: Naughty Noodle Fun Factory, 124 Donnison St, Gosford

Time: Arrive 9.30am

Date: Thursday 7 March 2024

Cost: free—booking will be required as there are limited seats. Booking through Naughty Noodle tickets & details available early Dec 2023.



THURSDAY

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.

Time: 10.00am—12.00pm

Dates: Thursday 22 & 29 Feb; 7, 14, 21 & 28 March 2024. (6 sessions).

Cost: by donation

Bookings are essential call CatholicCare: 1800 324 924 or email ccintake@catholiccarebb.org.au



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

FRIDAY

Acupuncture with Mei Lan

Mei Lan is registered with the Australian Health Practitioner Regulation Agency (AHPRA) and an accredited member of Chinese Medicine & Acupuncture Society of Australia (CMASA).

Dates: Fridays

Cost: \$55 (30 minutes)

Appointments essential:

Call Mei Lan on **0414 899 386**

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@CCCWHC



@CCCWOMENSHEALTHCENTRE



2024 Term 1