



Northern Women's Health Centre
 Email: nwhc@cccwhc.com.au
 Phone: 4351 1152
 7 Rose Street Wyong 2259
 Term 1 2024

Open Hours:
 Monday to Thursday
 9am to 4pm

Wot's on Wyong Term 1 2024



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

MONDAY

Drawing with a Different View

Delivered by Rachel Bunney

Start 2024 by creating connections and expanding your artistic expression. There will be plenty of conversations and laughter! Drawing materials are provided.

Venue: 7 Rose Street, Wyong

Time: 10.00am—12noon

Dates: Mondays fortnightly—Feb 12, 26; March 11, 25; April 8 (5 sessions)

Cost: \$5 per session

Phone: 4351 1152 Bookings essential.



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

Square or Cash

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 Victim's Support

Call to book: 4351 1152



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

MONDAY

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.

Venue: 7 Rose Street, Wyong

Time: 10.00am — 11.30am

Dates: February 19 and March 4

Phone 4351 1152

Cost: FREE



✓Free Childcare available; pre-booking required



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—5 February 4, March 4; April 8

Phone Pauline on 4353 9914 or 0409 229 266



TUESDAY

Seasons for Growth

The course will provide a deep understanding of the nature and impact of change, loss and grief. Within the group, you'll find a safe space to learn. The program supports participants in learning about the personal impacts of change, loss and grief, whilst developing skills in communication, decision-making and problem-solving. This helps to restore self confidence and self-esteem.

Venue: 7 Rose Street, Wyong

Time: 10am—12.30pm

Dates: Tuesdays —Feb 20, 27; March 5, 12, 19, 26 (6 sessions)

Cost: Free

Phone: 4351 1152 Bookings essential



✓Free Childcare available; pre-booking required

Funded by:



Communities For Children



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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Wednesday

Bringing Up Great Kids for Aboriginal Families delivered by Leanne, for women with children aged 0—12

We are influenced by our upbringing, our cultural backgrounds and beliefs. In this program we'll explore our cultural values and how parenting practice was once a collective and we'll explore the collective approach in relation to how we parent today. This is a powerful way to connect/reconnect to family, friends and community and create children's identity.

Facilitated by Bella (GNL Early Childhood Educator) and Leanne (Counsellor and facilitator at the Northern Women's Health Centre)

Venue: GNL

Time: 10am—12.30pm

Dates: Wednesdays— Feb 14, 21, 28; March 6, 13, 20 (6 weeks)

Cost: Free

Phone: 4305 8807 (GNL) or 4351 1152—Bookings essential

Free Childcare available; pre-booking required



THURSDAY

The Shark Cage delivered by Karina

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: Thursdays — Feb 22, 29; March 7, 14, 21, 28; April 4/ 11 (8 sessions)

Cost: \$5 per session

Phone: 4351 1152 Bookings essential.

Square or Cash

International Women's Day

Hold The Date: Thursday, 7 March 2024

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

Time: Arrive 9.30am for

Date: 7 March 2024

Cost: free—booking will be required as there are limited seats.

"Inspiring Women Together: Embracing Inclusivity and Participation"

- *Inspirational Speakers*
- *Mini Workshops*
- *Lunch*

DFV Case Worker

Domestic Family Violence Case Worker

A FREE service for:

- Women who have children aged 0—12 and live in the Greater Wyong Shire (postcodes: 2258, 2259, 2261, 2262, 2263)
- Are impacted by DFV

The case worker may help with referrals, crisis support, housing applications, victims claims and linking to other relevant services.

What to Expect:

A conversation about your needs and what challenges you're facing.

Together with Natalie you'll develop a case plan to include goals and a way forward.

Other assistance might include referrals, housing applications, victim's claims and linking to other relevant services.

Call 4351 1152 and ask for Natalie

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