



Wyoming Women's Health Centre
 Email: intake@cccwhc.com.au
 Phone: 4324 2533 press 2
 37 Maidens Brush Rd, Wyoming 2250
 Term 1 2024



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 1 2024 Wyoming

*New counselling and group room
construction is almost complete!*



Looking forward to welcoming you all in 2024.

THURSDAY

The Shark Cage

The Shark Cage Program is an 8 week supportive and informative program for women who have experience domestic violence and abuse in their relationships.

This group will give you the knowledge and tools to feel empowered to:

- Recognise 'Sharks' that lead to unhealthy relationships
- Learn about the impact of trauma & find tools to help you cope
- Develop a strong sense of self by knowing your human rights

Venue: Wyoming Women's Health Centre, 37 Maidens Brush Rd.

Time: 10.00am—12.30pm

Dates: Thursdays: Feb 15, 22, 29
 March 7, 14, 21, 28 April 4 (8 sessions)

Register your interest: call 4337 2202

Cost: Donation

Childcare: TBA



Join our Donor Circle!

WOMEN'S HEALTH DONOR CIRCLE FOR CENTRAL COAST WOMEN

Healthy Women. Healthy World

By making a regular financial commitment you can help us change the lives of local women, for the better. With your help we can

- Increase our capacity for counselling, therapeutic and health education groups
- Increase the capacity of our women's health GP clinic, and
- Provide additional case management support to women who have experienced sexual violence and or intimate partner violence.

Contact donorcircle@cccwhc.com.au to find out more or go directly to <https://cccwhc.com.au/donorcircle/>

TUESDAY



Moneycare with the Salvo's

Do you find yourself in financial uncertainty? Concerned about money?

Join this free workshop to get on top of you money for good.

The workshop will cover budgeting and other good money systems, daily living costs, credit scores, scams, shopping smart and harmful debts.

Venue: Wyoming Women's Health Centre, 37 Maidens Brush Rd.

Time: 10am—11.30am

Date: Tuesday 19th March 2024

Booking: phone 4337 2202

Cost: free

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:

Time: 1.00pm - 2.00pm

Dates: Wednesdays: Feb 14, 21, 28
 March 6, 13, 20, 27 April 3
 (8 sessions)

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



NO childcare available.





Wyoming Women's Health Centre
Email: intake@cccwhc.com.au
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Term 2 2023

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

Wot's on Term 2 2023 Wyoming



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Dr Elizabeth Davis



Dr Aye Aung



Dr Silke Vothor-Mattar

Wyoming Women's Health GPs

Can see women from the commencement of menstruation for a broad range of women's health and mental health.

- short waiting times for appointments with GPs
- medical centre with all female staff
- counselling support located in the same centre
- childcare service for mothers and carers of children who are aged 0-5 that utilise our service (available by appointment during school term only).



BOOK ONLINE

HotDoc

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. Always was, always will be Aboriginal Land.



@CCCWHC



@CCCWOMENSHEALTHCENTRE



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