

# 2010 July to December GROUPS and WORKSHOPS FOR WOMEN

## JULY

*Breathing for Vitality* Thursdays July 15 to September 2. Day:1030am-1230pm or Evening:630-830 pm (8 wks)  
*Out & About New & Expectant Mums Walking Group* Friday 16 July, 10am-12noon. Meet at La Montage.  
*Drop-in Gentle Yoga for Every Woman* Monday 26 July , 630-730pm at Annandale Neighbourhood Centre  
*Leichhardt Women's Walkers - Heart Foundation Walking Group* Monday 26 July, 3-4pm.

## AUGUST

*Expressive Movement and Art* Mondays 1030-1130am, August 2 to September 6 (6 weeks) , at All Souls Church Hall, near the corner of Norton and Marion Sts, Leichhardt.  
*Stepping On- Building Confidence, Reducing Falls (For Chinese Women)* Thursdays 10am-12noon, August 12 to September 23 (7 weeks). Venue in the city. Call Tammy at the centre for details.  
*Out & About New & Expectant Mums Walking Group* Friday 20 August, 10am-12noon. Meet at La Montage.  
*Drop-in Gentle Yoga for Every Woman* Mondays August 2 to 30, 630-730pm at Annandale Neighbourhood Centre  
*Leichhardt Women's Walkers - Heart Foundation Walking Group* Monday 30 August, 3-4pm.

## SEPTEMBER

*Meditation* Thursdays 16 September to 9 December: Day 1030am-1230 pm or Evening 630-830pm (13 weeks)  
*Out & About New & Expectant Mums Walking Group* Friday 17 September, 10am-12noon. Meet at La Montage.  
*Drop-in Gentle Yoga for Every Woman* Mondays 6-20 Sept., 630-730pm at Annandale Neighbourhood Centre  
*Leichhardt Women's Walkers - Heart Foundation Walking Group* Monday 27 September, 3-4pm.  
*Body Image Workshop -Discussion, Movement, Art* Wednesdays 230-530pm, September 22 and 29 (2 days)

## OCTOBER

*Communicating For Healthy Relationships* Tuesdays 230-430pm, October 5 to 26 (4 weeks)  
*Women Growing Older—Caring For Ourselves Through Changes (For Chinese Women)* Fridays 1030am-1230pm, October 22 to December 10 (8 weeks).  
*Out & About New & Expectant Mums Walking Group* Friday 15 October, 10am-12 noon. Meet at La Montage.  
*Drop-in Gentle Yoga for Every Woman* Mondays 11-25 October, 630-730pm at Annandale Neighbourhood Centre  
*Leichhardt Women's Walkers - Heart Foundation Walking Group* Monday 25 October, 3-4pm  
*Expressive Movement and Art* Mondays 1030-1130am, October 25 to November 22 (5 weeks) at All Souls Church Hall, near the corner of Norton and Marion Sts, Leichhardt.

## NOVEMBER

*Out & About New & Expectant Mums Walking Group* Friday 19 November, 10am-12 noon. Meet at La Montage.  
*Drop-in Gentle Yoga for Every Woman* Mondays 1-29 Novem., 630-730pm at Annandale Neighbourhood Centre.  
*Leichhardt Women's Walkers - Heart Foundation Walking Group* Monday 29 November, 3-4pm.

## DECEMBER

*Drop-in Gentle Yoga for Every Woman* Mondays 6 & 13 Dec., 630-730pm at Annandale Neighbourhood Centre

## ONGOING GROUPS

*Drop-in Gentle Yoga for Every Woman* Mondays during school terms, 630-730pm at Annandale Neighbourhood Centre, 79 Johnston Street, Annandale. No need to book, just turn up.  
*Vietnamese Childbirth Education—*Contact Thao Do at the centre for details.  
*Women Partners/Ex-partners of Bisexual Men Support Group* – contact Roxanne or Amanda for details.  
*Vietnamese Women's Support Group* (Glebe) Tuesdays 10am -130pm at the **\*\*NEW VENUE\*\*** Walter Burley Griffin Building, 53 Forsyth St, Glebe.  
*Vietnamese Women's Support Group* (Marrickville) Mondays 10am - 1230pm, at Anglicare Marrickville, in school terms only, free child care provided.  
*Out & About New & Expectant Mums Walking Group* 3rd Friday of each month (not December) 10am-12 noon. Meets at La Montage on the Bay Run in Leichhardt.  
*Leichhardt Women's Walkers - Heart Foundation Walking Group* Meets monthly. Contact Mia to register.



**Leichhardt  
Women's  
Community  
Health  
Centre**

Download this program from our website  
[www.lwchc.org.au](http://www.lwchc.org.au)  
Email us for more information  
[info@lwchc.org.au](mailto:info@lwchc.org.au)

**call us to make your booking**

**9560 3011**

Or email [info@lwchc.org.au](mailto:info@lwchc.org.au)

*What's on at*

# Leichhardt Women's Community Health Centre

## Acupuncture & Naturopathy

*Eligibility criteria apply*

## Groups & Workshops

Run throughout the year.

*Open to all women.*

## Counselling

General Assessment & Referral

Alcohol, tobacco & other drugs

Domestic Violence

Adult Survivors of Child Sexual Assault

*Eligibility criteria apply*

## GP & nurse clinics

By Appointment.

Women's health, emotional  
health, wholistic care

*Bring your Medicare card*

## *NEW Opening Hours*

*From the 1st of July 2010*

Monday, Tuesday and Friday 930am-1pm, 2pm-530pm

Wednesday 2pm-530pm

Thursday 930am-1pm, 2pm-730pm

Closed Weekends.

*Christmas Closure - from 17 December 2010*

## Private clinics

Bowen therapy,

Acupuncture, Massage,

Psychology.

## Women Partners of Bisexual Men Service

Phone and face-to-face counselling, support groups, information and referral for women whose male partners are having sex with men.



*Call 9560 3011 or email [info@lwchc.org.au](mailto:info@lwchc.org.au)*

55 Thornley St (cnr Cary St) Leichhardt.

*Run by women, for women since 1974.*