

2012 January to June

GROUPS and WORKSHOPS FOR WOMEN

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 at the centre for details
Drop-In Relaxation Every Thursday except the 1st Thursday of each month, 215-245pm (no entry after 215pm)
Women Partners/Ex-partners of Bisexual Men Support Group – contact Roxanne or Amanda for details
Vietnamese Women's Support Group Camperdown Tuesdays 10am -130pm at The Booter Community Centre, 25-27 Lambert St, Camperdown

JANUARY

Yabun Festival Thursday 26 January, from 10am - Visit our stall at Victoria Park, Broadway!
Drop-in Gentle Yoga for Every Woman Monday 630-730pm, January 30—Annandale Neighbourhood Centre

FEBRUARY

Moving Meditation Thursdays 1030am-1230pm, February 2 to March 1 (5 weeks)
Art Therapy for Women's Wellness Fridays 1030am-1230pm, February 3 to March 9 (6 weeks)
Drop-in Gentle Yoga for Every Woman Mondays 630-730pm, February 6-27 -Annandale Neighbourhood Centre
Feeling Good About Being Relaxed Tuesdays 1030am–1230pm, February 7 to 28 (4 weeks)
Drop-In Relaxation Thursdays 215-245pm, February 9, 16 and 23 (no entry after 215pm)
Finding Strength Within - Confidence & Personal Skills Mondays 1030am-1230pm, Feb13 to March 12 (5 weeks)
Leichhardt Women's Walkers - Heart Foundation Walking Group Mondays February 20 and 27, 3-4pm

MARCH

Menopause Information Workshop Saturday 10am-2pm, March 3
Leichhardt Women's Walkers - Heart Foundation Walking Group Every Monday in March, 3-4pm
Drop-in Gentle Yoga for Every Woman Mondays March 5 to 26, 630-730pm -Annandale Neighbourhood Centre
Jog My Memory Tuesdays 1030am-1230pm, March 6 to 27 (4 weeks)
Quit Smoking Support Wednesdays 1030am-1230pm, March 7 to 28 (4 weeks)
Drop-In Relaxation Thursdays 215-245pm, March 8-29 (no entry after 215pm)
Breathing For Vitality Thursdays 1030am-1230pm, March 8 to April 26 (8 wks)
Dance Your Cares Away Mondays 1030-1130am, March 19 & 26 and April 2 & 16 (4 weeks) at All Souls Church Hall near the corner of Norton and Marion Sts, Leichhardt

APRIL

Leichhardt Women's Walkers - Heart Foundation Walking Group Mondays April 2, 16, 23 and 30, 3-4pm
Drop-in Gentle Yoga for Every Woman Mondays 630-730pm, April 2, 23 & 30 - Annandale Neighbourhood Centre
Drop-In Relaxation Thursdays 215-245pm, April 12-26 (no entry after 215pm)
Creative Birth Art For Pregnant Women Fridays 1030am-1230pm, April 13 to May 18 (6 weeks)
Meditation Tuesdays 1030am-1230pm, April 17 to June 19 (10 weeks)
Laughter Yoga Workshop Monday 1030-1130am, April 23 at All Souls Church Hall, cnr Norton & Marion Sts
Growing Old Disgracefully Mondays 1030am-1230pm, April 30 to May 21 (4 weeks)
Vietnamese Parent Support Workshops Mondays 10am-1230pm, April 30 - June 4 (6 wks) at Anglicare Marrickville

MAY

Healing Qigong Thursdays 1030am-1230pm, May 3 to June 28 (9 weeks)
Leichhardt Women's Walkers - Heart Foundation Walking Group Every Monday in May, 3-4pm
Drop-in Gentle Yoga for Every Woman Mondays 630-730pm, May 7-28 -Annandale Neighbourhood Centre
Kitchen Herbs And Foods For Healing Saturday 10am-2pm, May 12
Foods For Moods Workshop Wednesday 10am-2pm, May 16
Australia's Biggest Morning Tea with Cooking Demo and LWCHC Cookbook! Friday 25 May, 11am-1230pm
Manage Your Moods Mondays 1030am-1230pm, May 28, June 4, 18 and 25 (4 weeks)

JUNE

Art Therapy For Women's Wellness Fridays 1030am-1230pm, June 1 to July 6 (6 weeks)
Leichhardt Women's Walkers - Heart Foundation Walking Group Mondays June 4, 18 and 25, 3-4pm
Drop-in Gentle Yoga for Every Woman Mondays 630-730pm, June 4, 18 & 25 -Annandale Neighbourhood Centre
Healthy Eating On A Budget Workshop Wednesday 10am-2pm, June 27



Leichhardt Women's
COMMUNITY HEALTH CENTRE

55 Thornley St (corner Cary St) Leichhardt

LWCHC is funded by Sydney LHD, NSW Health

call us to make your booking **9560 3011**

or email info@lwchc.org.au

Download group flyers from www.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

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

Opening Hours

From January 9, 2012

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

Wednesday 2pm-530pm

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 same sex attracted.



55 Thornley St (cnr Cary St) Leichhardt.
Run by women, for women since 1974.

To book appointments

call 9560 3011