



Leichhardt Women's
COMMUNITY HEALTH CENTRE



lwchc

www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

LWCHC GROUP PROGRAM TERM 4 2025

**CALL RECEPTION 9560 3011 TO
MAKE A BOOKING FOR ANY OF
OUR GROUPS**

NIA DANCE MOVEMENT

Wednesdays 11am-12pm
8 October to 10 December (10 weeks)
Cost \$100 (\$50 concession)

ART THERAPY

Fridays 10.30am-12.30pm
17 October to 5 December (8 weeks)
LWCHC
Cost \$80 (\$40 concession)

YOGA WITH LISA (THREE GROUPS)

Mondays 9:30 - 10:30am
11:45am - 12:45pm
2.15 - 3.15pm
13 October to 15 December (9 weeks)
LWCHC
Cost \$90 (\$45 concession)

MEDITATION

Mondays 10:45 am - 11:30 am
13 October to 15 December (9 weeks)
Lwchc
Cost \$90 (\$45 concession)

ART THERAPY EXTENSION

**For returning clients who have completed at
least one art therapy course**

Tuesdays 10am - 12pm
14 Oct to 2 Dec 2025 (8 weeks)
Mervyn Fletcher Hall, 81 Dalhousie St
Haberfield
Cost \$80 (\$40 concession)

GENTLE MOVEMENT & RELAXATION FOR PEACE & CALM

Wednesday 10.30am to 12.30pm
17 December 2025
One workshop held at Annandale
Neighbourhood Centre
Cost: \$20 (\$10 concession)

THAO'S VIETNAMESE GROUPS

VIETNAMESE WOMEN'S SUPPORT GROUP

Tuesdays 10am-1.30pm

VIETNAMESE WOMEN'S WELLNESS GROUP

Every second Wednesday 9.30am-1pm

STEPPING ON PROGRAM FOR VIETNAMESE WOMEN

Thursdays 9.30am - 12.30pm
23 October to 4 December
7 weeks plus booster session TBA