

# 2018 January to June

## GROUPS and WORKSHOPS

for women of all ages—there's something for everyone

### ONGOING GROUPS

**Women Partners/Ex-partners of Bisexual Men Support Group** — contact Roxanne or Amanda for details

**Vietnamese Childbirth Education** - individual or group sessions — contact Thao at the centre for details

**Vietnamese Women's Support Group Glebe** Tuesdays 10am-1.30pm at The Booler Community Centre, 25-27 Lambert Street Camperdown

**Habit Change Group**— Free, every 2nd Wednesday of the month, 2.30-4.30pm, Rozelle Neighbourhood Centre, 756 Darling St Rozelle. Bookings 9556 9501

### FEBRUARY

**Art Therapy for Women's Wellbeing For Beginners** Fridays 9 February-16 March, 10.30am-12.30pm (6 weeks)

**Moving to Heal Dance Therapy** Mondays 12 February-19 March, 10.30am-12.30pm (6 weeks)

**Stop Smoking Support Group** Wednesday 14 February-21 March, 10.30am-12.30pm (6 weeks)

### MARCH

**Money Management and Budgeting at Home Workshop** Thursday 1 March, 10am-1pm

**International Women's Day Celebration.** Free event with Inner West Council (date to be advised)

**Meditation** Thursdays 8 - 29 March, 10.30am-12.30pm (4 weeks)

**Strengthening Your Pelvic Floor Workshop** Wednesday 14 March, 6.30-8.30pm

**Drop-in Yoga with Aime** Wednesdays from 28 March, 10-11.30am (ongoing class throughout the semester)

**What is Nia Dance Movement? Workshop** Monday 26 March, 10.30am-12.30pm. All Souls Church Hall

### APRIL

**Art Therapy for Women's Wellbeing Level 2** Fridays 6 April-11 May, 10.30am-12.30pm (6 weeks)

**Nia Dance Movement** Mondays 9 and 16 April, 10.30-11.30am (2 weeks). All Souls Anglican Church Hall

**Nia Dance Movement** Thursdays 12 and 19 April, 10.30-11.30am (2 weeks). All Souls Anglican Church Hall

**Mums and Bubs Post-natal Pelvic Floor and Core Workshop** Saturday 14 April, 10am-12.30pm

**Communicating with Confidence** Mondays 30 April-4 June, 10.30am-12.30pm (6 weeks)

### MAY

**Nia Dance Movement** Thursdays 3 and 10 May, 10.30-11.30am (2 weeks). All Souls Anglican Church Hall

**Pain Management Program for Vietnamese Community** Marrickville Health Centre-Thursdays 3 May-7 June, 10am-1pm. Contact Thao for bookings 9560 3011

**Autumn Yoga for Home with our Physio Tusanee** Saturday 12 May, 10am-12.45pm

**Legal Information Session for Women— Wills and Probate** Tuesday 15 May, 6.30-8.30pm

**Mind the Gut Workshop** Thursday 17 May, 10am-1pm

**Australia's Biggest Morning Tea** Friday 25 May, 11am—12.30pm

### JUNE

**Guided Visualization Relaxation Sessions** Thursdays 7 –21 June, 11am-12pm

**Midlife and Menopause Workshop** Thursday 21 June, 6.15-8.30pm

Stay tuned for the July to December 2018 Groups Program!

Join our email list to receive updates: [info@lwchc.org.au](mailto:info@lwchc.org.au)



lwchc



@lwchc [www.lwchc.org.au](http://www.lwchc.org.au)



Leichhardt Women's  
COMMUNITY HEALTH CENTRE

55 Thornley St (corner Cary St) Leichhardt

LWCHC is funded by Sydney Local Health District

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



# Leichhardt Women's COMMUNITY HEALTH CENTRE

**2018**

## **Improving women's health and wellbeing**

*We believe every woman has the right to affordable and effective health care*

### **GP & Nurse Clinics**

women's health, emotional health  
wholistic care  
*bring your Medicare card*

### **Counselling**

general, domestic violence  
drug & alcohol  
adult survivors of child sexual assault  
*eligibility criteria apply*

### **Women's Health Physiotherapy**

*fees apply—registered with the major funds*

### **Acupuncture & Naturopathy**

*low income only & other eligibility criteria*

### **Psychology**

*registered with Medicare, Victims of Crime*

### **Groups & Workshops**

throughout the year  
*open to all women*

### **Legal Advice Clinics**

with Gowland Legal  
1st Tuesday of the month

### **The Miranda Project**

*A court diversion program for women at risk of custody*

### **Support for Aboriginal women**

and children experiencing domestic violence

### **Women Partners of Bisexual Men Service**

Statewide counselling (face to face, phone and skype); support groups and information for women whose male partners are same sex attracted

Join our email list to receive updates via email: [info@lwchc.org.au](mailto:info@lwchc.org.au)



[www.lwchc.org.au](http://www.lwchc.org.au)

### **Opening Hours**

Monday to Friday  
9.30am—5.30pm  
(closed daily 1-2pm)

55 Thornley St (corner Cary St) Leichhardt

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**To Make Your Booking**  
**Phone: 9560 3011 or**