

2019 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 9560 3011

FEBRUARY

Art Therapy for Women's Wellbeing for Beginners Fridays 8 February-15 March, 10.30am-12.30pm (6 weeks)
Vietnamese Care Support Group every 2nd Monday of the month starting Monday 11 February, 10am-12.30pm at 11 Berna St Canterbury. Contact Thao 9560 3011 for details.
Healthy Relationships with Self and Others Mondays 18 February-25 March, 10.30am-12.30pm (6 weeks)
Nia Dance Movement Wednesdays 20 February, 2-3pm and 27 February 11am-12pm Annandale Community Centre.
Parent and Family Wellbeing Group for Vietnamese Women Thursday 21 February-28 March, 9.30am-12.30pm (6 weeks) at Inner West Family Support Service Lakemba. Child care available. Contact Thao 9560 3011 for details.

MARCH

International Women's Day Celebration Thursday 7 March, from 5.30pm at Petersham Town Hall
Nia Dance Movement Wednesdays 6, 13 and 27 March, 11am-12pm. Annandale Community Centre.

APRIL

Moving to Heal Dance Therapy Mondays 8, 15 & 29 April, 10am-12.30pm (3 weeks)
Strengthening Your Pelvic Floor Workshop Wednesday 10 April, 6.30-8.30pm
Nia Dance Movement Wednesdays 10 and 17 April, 11am-12pm. Annandale Community Centre.

MAY

Nia Dance Movement Wednesday 1 May, 11am-12pm. Annandale Community Centre.
Feeling Good about being Relaxed Thursdays 2 –23 May. 10.30am-12.30pm (4 weeks)
Yoga for Stress Relief Workshop Saturday 4 May, 10am-12pm
Qigong for Vietnamese Thursdays 2 May-29 June, 9.45am-12.30pm (8 weeks) at Jannawi Family Centre Wiley Park. Contact Thao 9560 3011 for details.
Circle of Security Parenting Program for Women with Children 0-8 years old Mondays 6 May-1 July (not including 10 June), 10am-12pm (8 weeks)
Art Therapy for Women's Wellbeing Level 2 Fridays 10 May-14 June, 10.30am-12.30pm (6 weeks)
Australia's Biggest Morning Tea Friday 24 May, 11am—12.30pm
Mind the Gut Workshop Thursday 30 May, 10am-1pm

JUNE

Art Therapy for Carers Thursdays, 6 June-11 July, 10.30am-12.30pm (6 weeks)

Stay tuned for the July to December 2019 Groups Program!

Join our email list to receive updates: info@lwchc.org.au



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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

2019

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



www.lwchc.org.au

Opening Hours

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

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To Make Your Booking
Phone: 9560 3011 or