

Service Spotlight

Generalist Counselling

Our counselling service is client-focused, and from the feminist self-empowerment model. Face-to-face and telephone consultations are provided free of charge. You must refer yourself or through an external organisation/agency for this service, and occasionally there are waitlists.

Case Management

Case management plays a central role in identifying goals, resources and existing skills. These are used to resolve issues, develop coping strategies and utilise self-empowerment to facilitate positive outcomes and achievements. You must refer yourself or through an external organisation/agency for this service, and occasionally there are waitlists.

Contraception Services

Liverpool Women's Health Centre's Nurse Practitioner provides contraception options including the removal and insertion of the Mirena IUD and Implanon NXT. Procedures will incur a cost. If clients are unable to access our services due to financial hardship or other circumstances, they can speak with one of our clinicians regarding discretion to bulk bill.

Reproductive Acupuncture

Liverpool Women's Health Centre offering evidence-based Traditional Chinese Medicine for reproductive health. This includes support for:

1. Natural Conception

- Regulating the menstrual cycle
- Reducing stress and anxiety
- Balancing the hormone and endocrine systems
- Improving blood flow to the uterus

2. Pregnancy

- Morning sickness
- Fatigue
- Headaches and migraines
- Back, rib or pelvic pain
- Constipation
- Anxiety

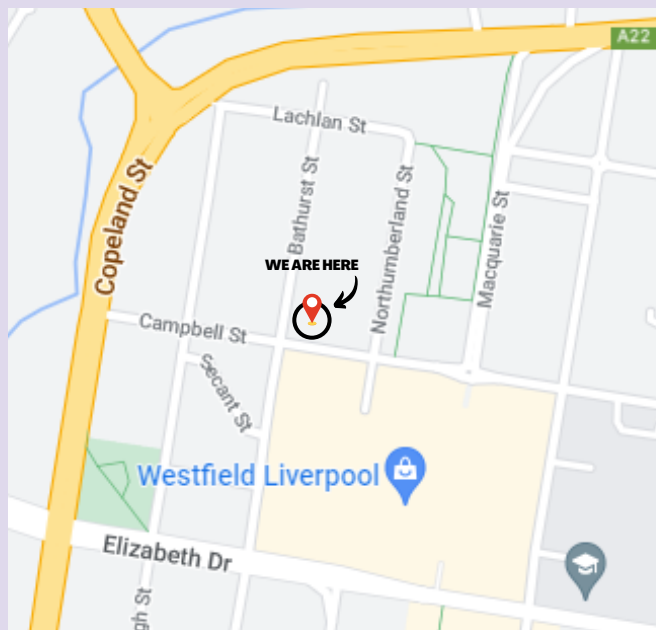
3. Women's health conditions (such as painful periods irregular cycles, PCOS and endometriosis)

Other Services

Complementary Therapies provided at low-cost for eligible women include massage, acupuncture and naturopathy. More information can be found on our website www.liverpoolwomenshealth.org.au or by enquiring with reception on 9601 3555.

Our Location

26 Bathurst Street, Liverpool 2170
(Corner of Bathurst & Campbell Street)
No on-site parking available



Contact Us

Phone : **(02) 9601 3555**

Fax: **(02) 9824 0448**

Email :

SWSLHD-LiverpoolWomensHealthCentre
@health.nsw.gov.au

Facebook:

www.facebook.com/LiverpoolWomensHealth

Website:

liverpoolwomenshealth.org.au



SERVICE INFORMATION & GROUP PROGRAM

TERM 3 , 2023

A safe space in the community for women.

Liverpool Women's Health Centre offers a broad range of client-centred, evidence-based, primary and preventative health care services and programs. These services aim to improve the health and wellbeing of women, particularly women experiencing disadvantage. Services and programs are offered free or at low cost and are provided by professional, qualified and experienced practitioners.

Opening Hours

Monday - Friday

9:00am - 5:00pm

(Closed between 1:00pm - 2:00pm)

Yoga Classes

Overcome stress and anxiety, relieve tension and calm the mind with the help of gentle stretch and meditation.

Dates: 17th July – 18th September

EVERY MONDAY MORNING

Sessions:

1. Yoga in a Chair | 9:15am – 10:00am
2. Yoga for Managing Stress | 10:15am – 11:00am
3. Gentle Yoga | 11:15am – 12:00pm

Cost: \$20 per 10 week term.

Tai Chi Classes

Join our facilitator Ling to engage the body and mind to find your balance.

Dates: 18th July – 19th September

EVERY TUESDAY MORNING

Sessions:

1. Beginners Class | 10:00am – 11:00am
2. Gentle Class | 11:00am – 12:00pm

Cost: \$20 per 10 week term.

Ling's Gardening Group

A social group featuring lunch and community garden activities. No experience required.

Dates: 18th July – 19th September

EVERY TUESDAY 12:00pm – 2:00pm

Cost: FREE.

Key materials, salad, tea & coffee is provided. Group members kindly asked to bring a plate of food to share.

heARTful encounters

Card Making Workshops

Join facilitator Jenny to learn how to be creative in card making. No experience needed and materials are provided to make a variety of cards for different occasions using creative techniques.

Dates: 17th July – 18th September

EVERY MONDAY 12:30pm – 2:30pm

Cost: FREE. Key materials, tea & coffee provided.

Craft & Connections

A social group filled with art & craft activities, mentorship and building connection with others.

Dates: 19th July – 20th September

EVERY WEDNESDAY MORNING 10am–12:30pm

Cost: FREE. Donations for activity materials are appreciated. Tea and coffee provided.

Mum's & Bubs

A social group for Mums to connect and share information and experiences in a friendly supportive atmosphere. Childcare is provided, so come relax, enjoy morning tea and learn something new from interesting guest speakers.

Dates: 20th July – 21st September

EVERY THURSDAY 10:30AM – 12:30PM

Conducted in partnership with Liverpool Neighborhood Connections Pied Piper Project.

Cost: Free

Bookings essential for all groups, info sessions and events.

Call us on (02) 9601 3555 to register.

Cultural Groups

Spanish Speaking Women's Group

Ageing Happy. Facilitated by Ana featuring games, dancing, and more activities to have fun while keeping your brain and body active and young.

Dates: 23rd August – 17th September

Every Wednesday 10am–12:30pm

Craft & Yarn Aboriginal Women's Group

Co-facilitated with Gandangara
Dates: 20th July – 21st September

Every Thursday 10:00am – 12:30pm

For enquiries contact Sandy on 9601 3555

Hindi/Urdu Speaking Women's Group

Join Nanceylee for this group which builds friendships within the community through food, laughter, sing & dance. In partnership with Bonnies Support Services.
Dates: 14th July, 28th July, 11th August, 25th August, 8th Sept, 22nd Sept.

Friday's Fortnightly 10:00am – 12:00pm

Vietnamese Speaking Women's Group

Hosted at LWHC in partnership with Asian Women at Work, Justice Support Centre and SWSLHD Multicultural Health Services.

Dates: 21st July, 4th August, 18th August, 1st Sept, 15th Sept.

For enquiries contact Thi (0404 435 223) or Van Trinh (8738 6228).

Friday's Fortnightly from 10:00am – 12:00pm

Arabic Speaking Women's Group

Join Kayla for health education sessions, morning tea, building friendships and connections with the community.

Dates: 21st July – 22nd September

Every Friday 10am–12:00pm

Coming Soon...

Car Maintenance Workshop

Three week course (one day per week)
60–90 minutes per lesson

What's included in this course:

- How engines work
- Body & maintenance
- How to change a tyre
- Replace windscreen wiper blades
- Changing a light globe

STARTING OCTOBER 2023

Spaces are limited...

Register now to book your spot