

Art for Healing

Join Jess & Sandy for 8 weeks to utilise art in a therapeutic, safe & supportive place, to self express, and self explore.

Dates: 13th February - 2nd April

TUESDAY MORNINGS 10:30AM - 12:30PM

Cost: Free. Materials & light refreshments provided.

Learn to Swim Program

In partnership with Belgravia Leisure and hosted by Michael Wenden Aquatic Centre, we are providing a Learn to Swim Program. Whether you are new to swimming, or want to improve your swimming skills, qualified & experienced instructors will guide you step by step.

Dates: 16th February - 12th April

Location: Michael Wenden Aquatic Centre

FRIDAY MORNINGS 11:30AM - 12:30PM

Cost: Free.

Beginners English Class

Improve English language skills. Gain confidence speaking English and make new friends.

Dates: 26th February - 8th April

MONDAY MORNINGS 10AM - 12PM

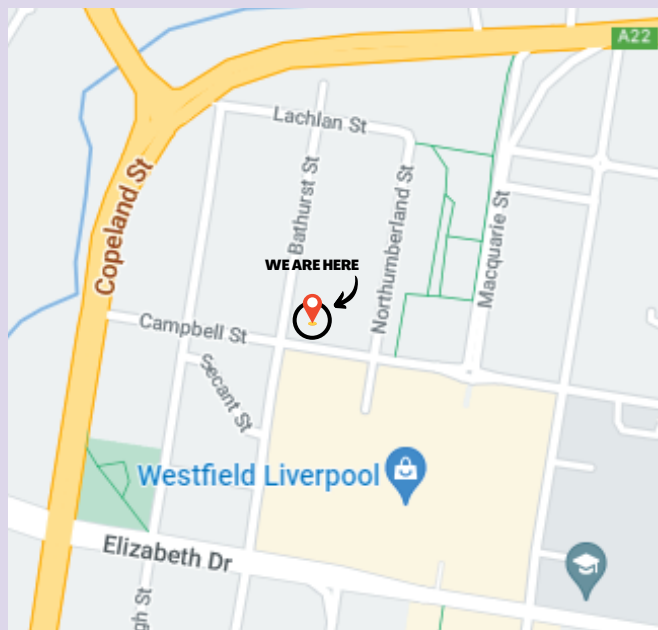
Run in partnership with Core Community Services.
Cost: Free.

Bookings essential for all groups, info sessions and events.

Call us on (02) 9601 3555 to register.

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



GROUPS & WORKSHOPS SCHEDULE TERM 1, 2024

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)

Yoga Classes

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

Dates: 5th February – 8th April

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: 6th February – 9th April

EVERY TUESDAY MORNING

Sessions:

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

Cost: \$20 per 10 week term.

Vegetarian Cooking with Ling

Learn more about cooking with plant-based ingredients and sample a variety of vegetarian food prepared by Ling.

Dates: 6th February – 9th April

EVERY TUESDAY 12:00pm – 2:00pm

Cost: FREE.

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. Materials are provided to make a variety of cards for different occasions using creative techniques.

Dates: 5th February – 8th April

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: 7th February – 10th April

EVERY WEDNESDAY 10am–12:30pm

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

Thursday Catch Ups

A social group 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: 8th February – 11th April

EVERY THURSDAY 10:30AM – 12:30PM

Youth Group

A safe and supportive social group that aims to empower the future generations of our young women.

(Ages between 15 and 21 eligible)

STARTING TERM 2, 2024 (EXPRESSION OF INTEREST)

EVERY WEDNESDAY 3:30pm – 5:30pm

Cultural Groups

Spanish Speaking Women's Group

Wellness Women's Circle. Facilitated by Ana featuring mindfulness, creativity, connection and mandalas to recover your inner harmony.

Dates: 7th February – 10th April

Every Wednesday 10am–12:30pm

Craft & Yarn Aboriginal Women's Group

Co-facilitated with Gandangara

Dates: 8th February – 11th April

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 through food, laughter, sing & dance. In partnership with Bonnies Support Services.

Dates: Starting on the 9th February.

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: Starting 16th February.

For enquiries contact Thi (0404 435 223).

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

Arabic Speaking Women's Group

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

Dates: 7th February – 10th April

Every Wednesday 10am–12:00pm

Fijian Speaking Women's Group

A place for Fijian women to reconnect, build friendships, learn and preserve culture, and access support.

Dates: 12th March– 9th April

Every Tuesday 10am–12:00pm

Bookings essential for all groups, info sessions and events.

Call us on (02) 9601 3555 to register.