

TUSDAYS GROUPS

**10:30
12:30**

TUNING IN TO KIDS

Learn emotion-coaching to help your child (aged 12 and under) understand and manage their feelings. For women caring for children.

**10:00
12:00**

CIRCLE OF SECURITY GROUP

A parenting program helping caregivers build stronger emotional connections with their children.

**10:00
12:00**

TAI CHI CLASSES

Gentle movement for balance, calm, and wellness.

Beginners Class | 10:00am - 11:00am
Gentle Class | 11:00am - 12:00pm

**12:00
2:00**

POWER OF FLOWERS GROUP

A mindful and heartfelt therapy where women learn to appreciate their inner power and beauty through flowers. This workshop promotes empowerment and self-value through deep listening to oneself.

MONDAYS GROUPS

**9:15
12:00**

YOGA CLASSES

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

Yoga in a Chair | 9:15am - 10:00am
Yoga for Managing Stress | 10:15am - 11:00am
Gentle Yoga | 11:15am - 12:00

@ CARNES HILL COMMUNITY CENTRE

**10:00
12:45**

MINDFULNESS AND PILATES

Join our Mindfulness & Pilates program designed to enhance both your physical and mental well-being

Session 1 | 10:00am - 11:15am
Session 2 | 11:30am - 12:45pm

Bookings essential for all groups, info sessions and events.

Call us on (02) 9601 3555 to register.



TERM 3 GROUPS JULY-SEP

A safe space in the community for women.

Our Location

26 Bathurst Street, Liverpool NSW 2170
(Corner of Bathurst and Campbell Streets)
Please note: No on-site parking is available.

Opening Hours

Monday - Friday (9:00am - 5:00pm)

Contact Us

Phone : **(02) 9601 3555**

Fax: **(02) 9824 0448**

Email :

SWSLHD-LiverpoolWomensHealthCentre@health.nsw.gov.au

Website:

liverpoolwomenshealth.org.au



WEDENS DAYS GROUPS

10:00
1:00

SPANISH SPEAKING WOMEN'S GROUP

Fun memory games and creative activities to boost brain health in a supportive environment.

10:00
2:00

CRAFT & CONNECTIONS

A social group with art, craft, mentorship, and connection.

Session 1 | 10.00am - 12:00pm
Session 2 | 12:00pm - 2:00pm



THURSDAYS GROUPS

9:00
12:00

PILATES & STRETCHING

Beginner-friendly Pilates to strengthen your core plus stretching exercises to improve flexibility

Mat Pilates | 9:00am - 10:00am
Stretching | 10:15am - 11:00am

10:30
1:00

CRAFT & YARN ABORIGINAL WOMEN'S GROUP

A safe space co-facilitated with Gandangara for Aboriginal women to come together and connect.

10:30
12:00

THRIVE – LIVE YOUR BEST LIFE

Learn powerful strategies to boost happiness, improve relationships, and increase life fulfillment.

11:15
12:00

MEDITATION

Discover the core-strengthening benefits of Pilates in our beginner-friendly class

12:30
12:30

HEALTHY RELATIONSHIPS & THE RED FLAGS

Recognise the signs. Raise awareness. Support survivors. Domestic violence doesn't just happen behind closed doors – it occurs in our communities, in our neighborhoods, and sometimes within our own families.

1:00
3:00

FIND YOUR VOICE LWHC'S CHOIR

A relaxed, fun workshop practicing vocal techniques and group singing.

FRIDAYS GROUPS

10:00
12:00

VIETNAMESE SPEAKING WOMEN'S GROUP

Morning tea and guest speakers for Vietnamese-speaking women

10:00
12:00

ARABIC SPEAKING WOMEN'S GROUP

Health education, morning tea, and community connection.

10:00
12:00

HINDI/URDU SPEAKING WOMEN'S GROUP

Build friendships through food, laughter, singing & dancing

@ CARNES HILL COMMUNITY CENTRE

9:00
10:00

TAI CHI CLASSES

Build friendships through food, laughter, singing & dancing

10:15
12:00

POWER OF FLOWERS GROUP

Health education, morning tea, and community connection.