

Outreach Programs

@ Carnes Hill Community Centre Tai Chi

Join our facilitator Ling to experience the serenity and balance of Tai Chi in our classes, where you'll cultivate mindfulness, enhance flexibility, and promote overall well-being through graceful, flowing movements.

EVERY FRIDAY MORNING - 9.00am - 10.00am

Dates: 2nd May - 4th July

Cost: Free

@ Carnes Hill Community Centre Scrapbooking

Join our women's circle in a relaxed and friendly atmosphere and be crafty. Let your creativity run loose while creating your own scrapbook!

What to bring: Photos, tickets, postcard, stamps, memorabilia, signs, poems, letters, old picture books.

What is provided: Glue, sticky tape, books, ribbons, scissors.

Every Friday - 10.15am - 12.00pm

Dates: 2nd May - 4th July

Cost: Free

@ Carnes Hill Community Centre PILATES

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

EVERY MONDAY MORNING - Dates: 28th April - 30th June

Sessions:

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

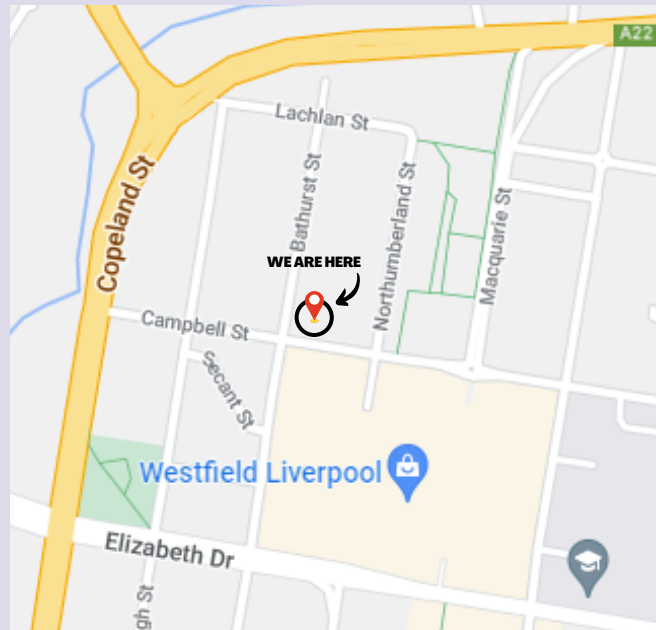
Cost: Free

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**

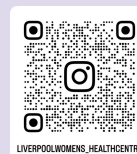
Email :

SWSLHD-LiverpoolWomensHealthCentre@health.nsw.gov.au

Website:

liverpoolwomenshealth.org.au

Instagram:



GROUPS & WORKSHOPS SCHEDULE TERM 2, 2025

**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: 28th April – 30th June

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 term

Tai Chi Classes

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

Dates: 29th Apr – 1st July
EVERY TUESDAY MORNING

Sessions:

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

Cost: \$20 per term

Vegetarian Cooking

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

Dates: 29th April – 1st July

EVERY TUESDAY 12.00pm – 2.00pm

Cost: Free

Cafe English

"I Wish I Knew How to Say It in English..." If this thought has ever crossed your mind, you're not alone! Grab your coffee and join our friendly group of women, where we gather to practice speaking English in a relaxed, supportive environment.

Dates: 29th April – 2nd July

EVERY TUESDAY 10.00 AM – 12.00 PM

cost: Free

Craft & Connections

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

Dates: 7th May – 2nd July

EVERY WEDNESDAY

Sessions:

- Session 1 | 10.00am – 12:00pm
- Session 2 | 12.00pm–2.00pm

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

Pilates

Discover the core-strengthening benefits of Pilates in our beginner-friendly class – perfect for those new to Pilates or looking to refine their technique.

Dates: 1st May – 3rd July

EVERY Thursday 9.00am–10.00am

Cost: \$20 per term

Stretching

Gentle Stretching Class designed to support mobility and flexibility

Dates: 1st May – 3rd July

EVERY THURSDAY MORNING

Sessions:

- Session 1 | 10.15am – 11:00am
- Session 2 | 11.15am – 12:00pm

Cost: Free

Thrive – Live your best life

By the end of this course, you'll have powerful strategies to create lasting well-being in your life. Whether you're looking to boost your happiness, improve relationships, or simply feel more fulfilled, this course is your roadmap to a flourishing life!

Dates: 1st May – 3rd July

EVERY THURSDAY 10:30AM – 12:30PM

Cost: Free

Find Your Voice LWHC's Choir

Come and join us in this workshop where we will practice some vocal techniques and some group singing in a relaxed, fun and supported learning environment.

Dates: 1st May – 3rd July

EVERY THURSDAY 1:00pm – 3:00pm

Cost: Free

Cultural Groups

Spanish Speaking Women's Group

Creativity and Games for Healthy Brains.

Do you forget things or feel that your thinking is slow? Come along and learn techniques to improve your memory, while playing games and having fun, and help build your happy and healthy brain.

Dates: 7th May – 2nd July

Every Wednesday 10am–1:00pm

Craft & Yarn Aboriginal Women's Group

Co-facilitated with Gandangara. A safe space for Aboriginal Women to come together.

Dates: 1st May – 3rd July

Every Thursday 10:30am – 1.00pm

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: 2nd May, 16th May, 30th May, 13th June, 27th June

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

Vietnamese Speaking Women's Group

Hosted at LWHC in partnership with Justice Support Centre, this group brings together Vietnamese Speaking Women to enjoy morning tea and learn something new from interesting guest speakers.

Dates: 9th May, 23rd May, 30th May, 13th June and 27th June

For enquiries contact Hana –

Friday's Fortnightly 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: 2nd May – 4th July

Every Friday 10am–12:00pm

**Bookings essential for all groups, info sessions and events.
Call us on (02) 9601 3555 to register.**