Positive Discipline in Everyday Parenting

This four week workshop is an approach to teaching that helps children succeed, gives them information, and supports their growth.

The 4 principles of Positive Discipline are:
- identifying your long term goals
- providing warmth (love, security) and structure (information, expectations, guidelines)
- understanding how children think and feel
- problem solving.

Thursdays

DATES: 7th - 28th June 2018
TIME: 9.30am - 12.30pm
Presenter: Jenny Bill - Clinical Counsellor MACA

Who Moved my Cheese

This Single Session workshop will explore Change and adapting to Change.

Facilitators:
Jenny Bill - Clinical Counsellor MACA

DATE: Tuesday 26th June 2018
TIME: 10.00AM - 12.00PM

RELATIONSHIPS COURSE

This four week course will assist women to achieve and maintain happy and healthy relationships with partners, family and friends.

Facilitated by Jenny Bill - Clinical Counsellor MACA

Tuesdays 17th July - 7th August 2018
10.00am - 12.30pm

Connecting Culture

Information about this workshop will be available in February 2018

Facilitators
Jenny Bill - Clinical Counsellor MACA
Marj Speedy - Indigenous Family Support Worker

Tuesdays

DATE: 22nd May - 12th June 2018
TIME: 10.00AM - 12.30PM

Who Moved my Cheese

This Single Session workshop will explore Change and adapting to Change.

Facilitators:
Jenny Bill - Clinical Counsellor MACA

DATE: Tuesday 26th June 2018
TIME: 10.00AM - 12.00PM

The Wide Bay Women’s Health Centre Inc. is funded through the Department of Communities, Child Safety and Disability Services. This funding allows us to provide programmes and services free of charge or for a minimal cost. Your donations are still greatly appreciated and put to good use. Thank you.

All Women are Welcome

There is no charge for any of the workshops listed in this brochure unless indicated. However, as places are limited please ring and book ASAP.

8 Truro Street
Torquay 4655
Phone: 07 41 25 5788
Fax: 07 41 25 5911
Email: wbwhc@bigpond.net.au
Web: www.wbwhc.org.au
STOP STRUGGLING WITH ANXIETY AND DEPRESSION

Stop Struggling with Anxiety and Depression is a six week course that aims to help participants let go of the exhausting and painful struggle to manage or control anxiety and depression. Participants will be introduced to a unique approach based on the use of acceptance and mindfulness.

Presented by Tanya Barich
• Thursday 25th January - 1st March 2018
• 9.30am - 12.30pm

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SINGLE, SAFE & SATISFIED

A six week course for women who live alone. The following topics will include:
• Relationship Styles
• How to spot a snake
• Embracing change
• Boundaries - Good fences make good neighbours
• Healthy intimacy

Presented by Tanya Barich, Counsellor
DATES: Wednesdays 21st February - 28th March 2018
TIME: 10.00am - 12.30pm

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INTERNATIONAL WOMEN’S DAY

Thursday 8th March 2018
10.00am - 2.00pm
8 Truro Street, Torquay

WOMEN’S HEALTH INFORMATION SESSION

FREE PAMPER ACTIVITIES - STRICTLY BY APPOINTMENT ONLY & ONLY AVAILABLE TO WOMEN ATTENDING INFORMATION SESSIONS IN THE MORNING

Details about our Special Guest Speakers and the pamper activities will be released in February 2018. For more information please contact the Centre on 4125 5788

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WHO MOVED MY CHEESE

This Single Session workshop will explore Change and adapting to Change.

Facilitators:
Jenny Bill - Clinical Counsellor MACA

DATE: Tuesday 13th February 2018
TIME: 10.00AM - 12.00PM

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ME-TIME

A NEW creative eight week workshop in Self Care and Well-Being

Rediscover and reconnect to your body in a safe supported environment. Learn a variety of strategies for relaxation and well-being that will help you to reconnect to yourself.

Presented by Erica Neate
DATES: Mondays 5th February - 26th March 2018

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TREE OF LIFE

This three week workshop will explore Self Identity and how to deal with challenging events.

Facilitator: Jenny Bill - Clinical Counsellor MACA

Mondays (3 Weeks)

DATES: 13th - 27th March 2018
TIME: 10.00am - 12.00pm

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INDIGENOUS WOMEN’S EDUCATION SESSIONS

You are invited to attend an information session on the Local Health Services available in the Wide Bay.

Lunch will be provided
Art/Craft Activity in the afternoon

For more information contact Marj Speedy
DATES: Monday 19th March 2018
Monday 14th May 2018
TIME: 10.00am - 2.00pm