



ZENDA FOR THE 21ST CENTURY WOMAN

APRIL - MAY 2022



For Women By Women



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Workshop and Counsellor Appointment Bookings

We realise that at times not being able to attend your appointment or workshop booking is unavoidable.

If you are unable to attend a counselling appointment please ring to cancel as soon as possible, as we have a very long waiting list and it may be possible to put someone into that place. With regard to workshops, if cancellations are made as soon as possible that place can be offered to someone who is waiting to attend that particular workshop.

WE THANK YOU FOR YOUR CONSIDERATION

ACKNOWLEDGEMENT

TO OUR VOLUNTEERS WHO HELP WITH THE CENTRE CHORES, WE WOULD LIKE TO SAY A VERY BIG THANK YOU FROM ALL THE TEAM AT THE WOMEN'S HEALTH CENTRE.

VOLUNTEERS PLAY A BIG PART IN ANY ESTABLISHMENT AND WITHOUT THEM THE CENTRE WOULD NOT BE THE SAME.

ALSO A BIG THANKS TO EVERYONE WHO HAS DONATED IGOODS, FROM BED LINEN TO TOILETRIES.

THOSE ITEMS HAVE HELPED MANY WOMEN WHO COME TO THE CENTRE

THANK YOU ALL



Bill of Rights for Women

Physical

- I have a right to be free of physical violence
- I have a right to decide who can touch me
- I have a right to personal space
- I have a right to pay attention to messages given to me by my body
- I have a right to make my own decisions about my physical appearance
- I have a right to access health care of my choice

Sexual

- I have a right to be free of sexual violence
- I have a right to say no to sex
- I have a right to say no to a sexual activity that makes me uncomfortable
- I have a right to insist on safe sex
- I have a right to get to know someone before having sex
- I have a right to change my mind about having sex with someone

Emotional

- I have a right to say no to things asked of me
- I have a right to be treated with respect
- I have a right to be free of verbal abuse
- I have a right to express my own opinions
- I have a right to my own beliefs and spirituality
- I have a right to make my own decisions
- I have a right to privacy
- I have a right to pursue my dreams
- I have a right to end a relationship if it no longer feels right for me
- I have a right to change my mind
- I have a right not to have to report all of my movements and activities to another person
- I have a right to decide how I would like to spend my free time
- I have a right to prioritise my self-care
- I have a right to set my own personal standards
- I have a right to choose not to keep a secret that makes me feel bad
- I have a right to express my feelings

Social

- I have a right to see my friends and family
- I have a right to spend time with my friends or family on my own
- I have a right to make new friends
- I have a right to speak to other men
- I have a right to work or study
- I have a right to ask for help and support
- I have a right to have fun

Financial

- I have a right to be involved in deciding how joint finances are spent

Spiritual

- I have a right to choose and practice my own religious or spiritual beliefs

from the manager

As we enter the second quarter of the year, we are thrilled to announce that we are expanding our team.

Leslie Leybourne is our new Counsellor, and she brings a wealth of experience from Sydney to the Gold Coast and now to the Bay. She will be our new Maryborough Outreach Counsellor for three days a week (venue to be advised) and joining us here at the Truro Street Centre one day a week.

We are so excited to have her on board to help better serve our clients across a broader reach.

Please call 4125 5788 to ask for an appointment to see Leslie in Maryborough.

Lynette



Hi everyone, I'm Leslie, the Centre's newest counsellor, employed to service the Maryborough area.

I moved to the Bay a couple of years ago and love the peaceful, laid-back lifestyle. My qualifications are in behavioural sciences - counselling, and I've spent the past 14 years working extensively with people who have experienced; inequality, disadvantage, mental health, substance misuse, violence, and significant trauma.

I'm now so excited to be working here at the Centre and to have the opportunity to empower women to achieve their goals by safely assisting them to create a positive state of mental wellbeing.

from the manager cont....

In this edition of Zenda we continue to explore the five languages of love, highlighting the fourth language - 'Acts of Service'.

Volunteering can be one of the greatest service one can do and for over two decades we here at the Centre have received the greatest gift of all, in the form of our wonderful Merilyn Anson.

WBWHC is so grateful for the time that Merilyn puts in at the Centre, as she has been volunteering here for approximately 27 years and has been the one constant throughout the many changes we've experienced. Being our first point of contact on Mondays and Wednesdays, everyone who uses our services will see her at reception or speak to her on the phone at some stage during your time with us. Merilyn has become an incredible resource, and with her charming smile and genteel nature, she is quite the legacy.

I would like to extend a heart felt thank you to Merilyn for her generosity and support not only to us, but for all women in the Wide Bar area, and look forward to working with her for many more years.

Lynette



Acts of Service

I first came to the Women's Health Centre some 27 years ago. My children had all moved away and I was feeling quite lost. A friend told me the Women's Health Centre was wanting volunteers, and so that was how my association with the Centre began.

Over the years there have been many changes, and I have met many women. To see the difference coming to the Centre has made to the lives of some of these women has been very rewarding. Some of my friends now are women I have met at the Centre.

During the course of the years I have been here there have been some times that were quite testing, but those times passed, and things righted themselves. I was on the Management Committee some years ago, and a volunteer, but had to make a choice between them. I am so happy I chose to stay a volunteer.

The Centre has been and still is important to many women in this district, and I am pleased to be a part of it. After all these years, I still enjoy coming here on Mondays and Wednesdays and seeing familiar faces, also meeting new people, and working with some special women.

Merilyn, 2022

What's New

Yarning Circle



My name is Henny, and I am doing my placement at Wide Bay Women's Health Centre, 8 Truro Street, Torquay. I am so lucky to be able to attend the Women's Yarning Circle each week. Throughout the morning, pictures and selfies will be posted to Facebook, no doubt raising the profile of the Yarning Circle.

Thursday is not like any other day at the office. It is challenging and arduous, but someone has got to do it. I have been fortunate enough to walk in the footsteps of Aunty Marj. She is my mentor and guiding light in all things 'Yarning'. She is the choreographer of this beautiful gathering of women.

This gathering is harmoniously operating like a well-oiled machine. All parts move in unison because we all talk at once. So there is freedom of movement, no restrictions, no rules. You can go from one craft to another craft. One conversation to another, and at times the cacophony of multiple conversations can make you break away and sit, eat and have a cuppa.



Our very talented Aunty Jan organises and leads the craft of weaving. So many have fallen under her spell, needle in one hand and twisting the raffia in the other. Others provide the art of rock painting and canvas boards, jewellery, and crocheting.

Some ladies set the tables. The buns came in one car, the sausages in another. I can't remember who brought the fruit. Let's not forget the cookies and cake, the beverages, water, tea and coffee brought along by our favourite barista. I took on the BBQ task, donned my apron and got to work. A few teenage girls joined. They were welcomed with open arms and immediately given raffia and a needle. There is no slouching here. You're either doing crafts, chatting, cooking or eating. Now that I have been coming for so many weeks, I recognise the sounds of the laughter and chit-chat. It is a healthy sound, a collective of women and girls, friendly, supportive, collaborative and cohesive.



It was a hectic day today with eighteen participants. An outsider walking by may think we sound like disorganised chaos or a gaggle of geese. However, there is no question that this gathering is beneficial to the well-being of each member in attendance.

Please contact the Centre for details - 41255788



Indigenous News with Marj

*Galangoor D'Buthbee
From Marj*

GOOD MORNING IN 'BUTCHULLA' LANGUAGE
I ACKNOWLEDGE ALL OF OUR 'BUTCHULLA' ELDERS, PAST AND PRESENT,
THE TRADITIONAL OWNERS OF THE LAND WE LIVE, WORK AND PLAY ON.

Connecting Community



NATIONAL RECONCILIATION WEEK 2022

27 May to 3 June

The National Reconciliation Week 2022 theme, "Be Brave. Make Change." is a challenge to all Australians— individuals, families, communities, organisations and government—to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians.

Last year Reconciliation Australia encouraged all Australians to take action; not just in National Reconciliation Week but every week of the year.

This year we are asking everyone to make change beginning with brave actions in their daily lives – where they live, work, play and socialise.

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Find out more about National Reconciliation Week #NRW2022 #BeBraveMakeChange

Source: <https://nrw.reconciliation.org.au/>

MABO DAY

Mabo Day is annually commemorated on 3 June every year and it's named after Eddie Mabo.

On 3 June 1992, the High Court of Australia recognised that Aboriginal and Torres Strait Islander peoples have rights to the land. This decision by the High Court is also known as the Mabo decision.

It honours Mer Island man Eddie Koiki Mabo and his successful efforts to overturn the legal fiction of terra nullius, or 'land belonging to no-one'.



NAIDOC WEEK 2022 Get up!

Sunday 3rd July – Sunday 10th July

The theme for this year is – Get up!

GET UP! STAND UP! SHOW UP!

NAIDOC – stands for National Aborigines and Islanders Day Observance Committee.

This committee began in the 1920's, when aboriginal groups sought to increase awareness in the wider community of the status and treatment of Aboriginal and Torres Strait Islander Australians.

This is a time to celebrate culture, history and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is celebrated by all Australians and is a great opportunity to learn more about Aboriginal and Torres Strait Islander people and communities.

The Fraser Coast has a NAIDOC Committee, who meet regularly to organise cultural activities and events throughout NAIDOC Week and there is also an endorsed Facebook page 'The Fraser Coast Naidoc Week' which promotes community events in Maryborough and Hervey Bay for all community members.

Like this page and keep up to date with community events that are happening during NAIDOC Week.

For more information, please contact Leon Nehow – Fraser Coast Regional Council –
email: Leon.Nehow@frasercoast.qld.gov.au

From Marj





Indigenous News with Marj

A DEADLY CHOICE
Deadly Choices
IS A HEALTHY CHOICE

WIDE BAY WOMENS HEALTH CENTRE INC in Partnership with Galangoor Duwalami Primary Health Care Service.

Deadly Choices programs are health education and capacity development programs aimed at supporting Aboriginal and Torres Strait Islander community members to be positive role models and mentors for their family, peer group, by living a healthy lifestyle.

To support community make healthy lifestyle choices, Deadly Choices delivers key preventative health programs, they are as follows:

Deadly Choices Healthy Lifestyle Program is run at no cost to schools, students, and community groups as it is fully funded by State and Federal Governments.

Tobacco Education - 6 weeks BEGINNING - WEDNESDAY 16th February 2022 - 10am - 12pm
 Healthy Lifestyle Program - 8 weeks - BEGINNING - TUESDAY 10th May 2022 - 10am - 12pm
 Good Quick Tukka - 6 weeks - TBC

Upon Completion of programs the participant will receive a Deadly Choices Educational Shirt and certificate.

A DEADLY CHOICE IS A HEALTHY CHOICE

FOR MORE INFORMATION ON THE VENUE PLEASE PHONE WIDE BAY WOMENS HEALTH CENTRE INC ON (07) 4125 5788 as numbers are limited Due to COVID Restrictions

WALK THE TALK
Shell's Way

Domestic and Family Violence Awareness Event 2022

May is Domestic and Family Violence Prevention Month in Queensland.

Join our mission to prevent Domestic and Family Violence from happening in our community and become a part of the solution with us as we raise awareness by gathering a team of friends or family through a 5k or more walk/run.

Saturday, 7th of May 2022 | 10:00AM
Seafront Oval, Pialba Hervey Bay

"In honour of Michelle Madden a leader and advocate bringing change and DV awareness to community"

There will be loads of free activities and workshops:

- Live entertainment
- Jumping castles
- Traditional Smoking Ceremony
- DV prevention activities
- Sausage Sizzle
- Face Painting
- Traditional Dancing

Scan the below QR code to purchase a Walk The Talk T-Shirt & donate to Hearts of People Help and support for victims of DVV

Follow us on Facebook

If you require any further information, feel free to email WALKthetalk@scoutlink.com.au

SERVICES/WORKERS AVAILABLE IN OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY

- ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICES - 1800 012 255
- BUTCHULLA ABORIGINAL CORPORATION - 4124 9144
- BUNDA'S DREAMTIME PLAYGROUP - 1800 171 882
- CQID - CENTRAL QUEENSLAND INDIGENOUS DEVELOPMENT - 4313 1195
- DATSIP - 4183 9107
- GALANGOOR DUWALAMI PRIMARY HEALTH CARE SERVICE- 4194 5554
- HERVEY BAY PCYC (INDIGENOUS WORKER) - 0436 420 599
- HERVEY BAY HOSPITAL INDIGENOUS HEALTH - 4325 6670
- IUIH HOME SUPPORT HERVEY BAY - 1300 852 598
- INDIGENOUS WORKER MENTAL HEALTH - 4128 5400
- KORRAWINGA ABORIGINAL HOUSING - 4124 6908
- KAL'ANG RESPITE CARE CENTRE - 4124 7780
- KAHWUN WOOGA ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION FOR COMMUNITY DEVELOP. - 4123 5910
- POLICE LIAISON OFFICERS - 4128 5333
- MARYBOROUGH ABORIGINAL CORPORATION FOR HOUSING & CULTURAL DEVELOPMENT - 4122 4382/0498578110
- UNDERNOO KINDERGARTEN - 4121 5831

Fraser Coast REGIONAL COUNCIL

Youth Week 2022
 A week of celebrations for youth aged 12 to 25

Colour Run & Disc Golf
 Tuesday April 5th, 12pm-3pm
 Tinana Rec Reserve

Pool Party
 Wednesday April 6th
 12pm - 3pm
 Hervey Bay Aquatic Centre

Youth Fest
 Thursday April 7th
 11am - 3pm
 Seafront Oval

Free Movies
 Friday April 8th
 4:30pm - 9:30pm
 @Cinemas, Maryborough

FREE EVENTS April 5-8

For more details visit frasercoast.qld.gov.au/youth-week



Acts of Service: This is one of the five primary love languages, as explained in our 'Library Corner' book - 'The Five Love Languages', by Gary Chapman.

It also has its roots in Buddhism and the principles of Karma - where good actions include serving others via generosity and compassionate help. In Hinduism it is known as Seva - a selfless service that is performed without any expectation of result or award for performing it.

101 Acts of Service

When thinking about acts of service, think about how you can improve someone's quality of life by planning ahead or freeing up their time to spend on other things. The most powerful acts are those that are done spontaneously or without asking. Acts that supersede expectations. Acts of service for friends, family, neighbours, a charity and even strangers.....

- Stop by during their lunch hour at work with lunch for two
- Pick up a bottle of their favourite wine
- Help out with a home improvement project they've been wanting to complete, like building a floating shelf or tiling a backsplash
- Treat them to a night at a hotel
- Get them new insoles for their shoes
- Pick up their prescriptions
- Offer them a foot massage
- Ask if they need you to pick anything up on the way home
- Offer to babysit their kids for an hour or two
- Bring them dinner if they have to work late
- Bake them some muffins (or try our new recipe on page 14)
- Help a neighbour navigate their way around a mobile phone, or a computer
- Offer to drive them somewhere or give them a lift for their next appointment
- Ask "how can I make your day better?"
- Change a burnt-out light bulb
- Stargaze with them
- Leave thoughtful notes where they will see them
- Send flowers to someone
- Frame their favourite inspirational quote
- Buy them a greeting card just because
- Wash their favourite coffee mug
- Print and frame their favourite photo
- Plan a romantic date night with their favourite things
- Untangle a mess of cords (like the ones behind their desk!)
- Surprise them with a gift card for their favourite store

101 Acts of Service

- Write a love letter
- Pamper them
- Treat someone to yummy breakfast perhaps?
- Freshly squeeze orange juice
- Play the role of sous chef-chop and prep while they cook
- Do a simple repair project off their to-do list
- Make a favourite meal for a friend or neighbour
- Treat someone to a coffee or tea
- Make a special dessert
- Organize a surprise party for their birthday
- Make them a healthy smoothie
- Give them a pedicure
- Plug in their phone if they forget
- Offer to help with something
- Subscribe them to a magazine they might like
- Take over a project they've been putting off
- Let them sleep in
- Thank someone for the acts of service they do for you
- Offer to wash or groom their dog
- Hold the doors open
- Offer to trim your neighbours bushes or mow their lawn
- Treat someone to the movies
- Offer them a head neck and shoulder massage
- Draw them a bubble bath
- Detail their car, inside and out
- Do an errand for them (like picking up dry cleaning)
- Take out the bins on bin night for a neighbour
- Make a donation in their name
- Go to the museum or an exhibit they have been dying to see
- Fold all the socks in their sock drawer
- Pick up a small trinket they'd like but wouldn't buy for themselves
- Have dinner ready when they get home
- Offer to walk their dog
- Do their least-favourite chore for them
- Put a love note in someone's lunch
- Surprise someone with a packed lunch for work
- Surprise them with their favourite treat
- Make them a cup of tea



What's On

April



1



2

3

4

5



6



7

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10

Anti street harrassment week 3-9



12

13

14

Creativity & Innovation Day



16



18

19

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23

24



26



28

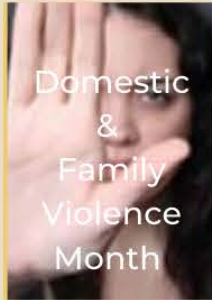
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30

International Guide Dog Day

What's On

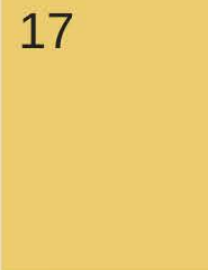
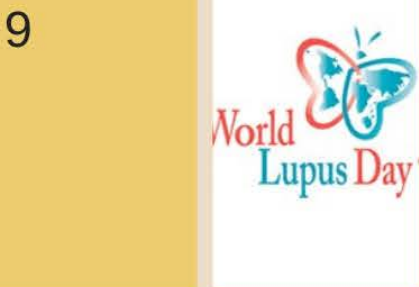
May



1

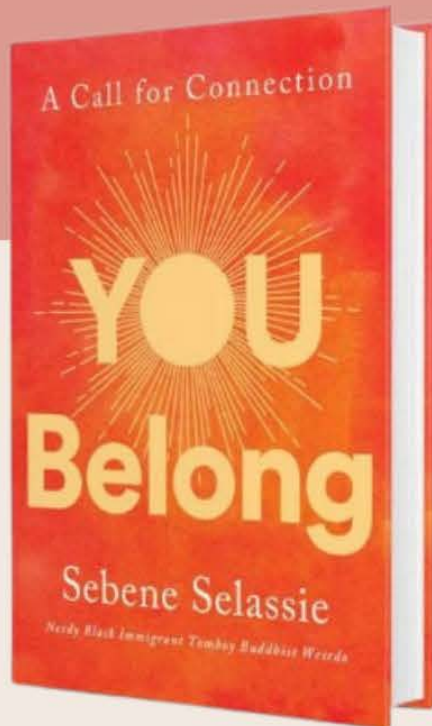


International Midwives Day



Library News

new!



Each month or two we will feature a book from our wonderful library. We have an extensive selection of self-help books covering a broad range of issues from gut health to the fear and do it anyway, which are available to loan for a two week period.

Title: **YOU BELONG - A CALL FOR CONNECTION**
Author: SEBENE SELASSIE
Published by: HAPER COLLINS

From much-admired meditation expert Sebene Selassie, *You Belong* is a call to action, exploring our tangled relationship with belonging, connection, and each other

You are not separate. You never were. You never will be.

We are not separate from each other. But we don't always believe it, and we certainly don't always practice it. In fact, we often practice the opposite disconnection and domination. From unconscious bias to "cancel culture," denial of our inherent interconnection limits our own freedom.

In *You Belong*, Sebene Selassie reveals that accepting our belonging is the key to facing the many challenges currently impacting our world. Using ancient philosophy, multidisciplinary research, exquisite storytelling, and razor-sharp wit, Selassie leads us in an exploration of all the ways we separate (and thus suffer) and offers a map back to belonging.

To belong is to experience joy in any moment: to feel pleasure, dance in public, accept death, forgive what seems unforgivable, and extend kindness to yourself and others. To belong is also to acknowledge injustice, reckon with history, and face our own shadows. Full of practical advice and profound revelations, *You Belong* makes a winning case for resisting the forces that demand separation and reclaiming the connection and belonging that have been ours all along.

Poet's Corner



Love Languages

There's ways that we communicate our love
Profess that one will fit you like a glove
However, if not one you can have two
A primary and secondary cue

With Words of Affirmation number one
A person feels your love not over-done
Encourage mate with words, is not to late
A verbal "I love you" uplifts, awe-great

The second one is time that's quality
Would add some quantity if it were me
"You-Daddy work so hard, support us all"
"The time with me can't be replaced too small"

Communicate your love a giving Gift
Much worldly wealth or pray that one is thrift
Are many ways to share your giving heart
Important, find the way to love then start

The fourth is Acts of Service to and fro
Feel love from what each other can bestow
Be sure you realize this goes both ways
To know what fills your mates love tank ablaze

And last is Physical Propinquity
Affection, even close proximity
The phrase once coined that says "touch you to breathe"
Is more than copulate, attempt conceive

Which one or two love languages rings true?
The key is understand and fill theirs too.

*try to read the poem to the beat.

©Thomas Carney

Recipe Page



Cacao Granola Bites

Makes

12 bites

Ingredients

100g whole oats

50g pumpkin seeds

4 tbspn cacao powder

1 handful of dark chocolate chips

3 tbspn coconut oil

3 tbspn maple syrup (or date syrup)

1 1/2 tsp vanilla extract

toasted oats, for rolling

These are a perfect bite sized snack when that mid-afternoon slump kicks in and you're craving something sweet. Maple syrup is low GI (gradually being absorbed into the body, reducing the risk of blood sugar spike)

Method

In a large bowl, mix together the oats, pumpkin seeds, cacao powder and chocolate chips. Add the coconut oil (you may need to warm the oil slightly) and the maple syrup, and mix.

Add the vanilla extract and mix until fully combined - the mixture should be a little sticky.

Using your palms, roll the mixture into balls. Roll in the toasted oats, then refrigerate for 1-2 hours until set.





SENIORS LEGAL & SUPPORT SERVICE

FRASER COAST

Managed by Hervey Bay Neighbourhood Centre Inc 

**Do you feel your rights are being respected?
Are your family members supportive,
or do they create stress in your life?**

Are any of the following scenarios happening to you?

- Being told that you can't make any decisions for yourself because you have had a diagnosis of dementia.
- Being pressured into entering a nursing home when you're not ready.
- Being frightened to voice your needs/concerns.
- Carers or family members borrowing money and not paying you back.
- Adult children moving in with you and refusing to pay rent.

The Seniors Legal and Support Service offers a **FREE** service for people over 60 whose rights are being compromised.

For More Information please call
07 4124 6863



TAYLOR STREET Community Legal Service

Managed by Hervey Bay Neighbourhood Centre Inc 

FREE LEGAL ADVICE

Is the cost of legal advice stopping you from seeking help?

Free, confidential, 15-minute legal advice sessions are available to residents of the Fraser Coast region through the Taylor Street Community Legal Service.

Sessions are by appointment only.
Hervey Bay, Maryborough, Tiaro and Burrum Heads residents

Please call 4194 2663.

DV Connect (Qld)

State-wide Domestic Violence Hotline

1800 811 811

24 Hours, 7 Days

State-wide Sexual Assault Helpline

1800 010 120

7.30am to 11.30pm 7 days

www.dvconnect.org

Have you renewed your Membership

We now have a new membership period. It is from 1 July - 30 June so please check your current, membership! These fees help to fund our Centre activities, so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. If you do not renew, you will no longer receive the our newsletter and you will also lose access to our lending library.

Mobile Women's Health Service Pap Smear Clinic

The Mobile Women's Health Nurse provides a range of free and confidential preventive health services for women in the Fraser Coast – Wide Bay Area.

Cervical Screening / Pap smear

- Health information
- Breast awareness and education
- Any other health matters you wish to discuss

Make an appointment
by calling
1300 090 760

Breast Screen Queensland is at the Hervey Bay Hospital

Make an appointment by
calling
13 20 50 or 4150 2800

Women over 40 yrs. are
eligible

CHILDREN BY CHOICE COUNSELLING, EDUCATION & INFORMATION

All options with an unplanned pregnancy

ABORTION - ADOPTION - PARENTING

An unplanned pregnancy may represent a crisis in a woman's life. Children by Choice provide counselling and support to women who are experiencing an unplanned pregnancy and unsure about their options.

Our services are non-judgmental and we offer referrals for abortion, adoption and parenting.

Free and Confidential
Call 1800 177 725



FOR THE 21ST CENTURY WOMAN
WIDE BAY WOMEN'S HEALTH CENTRE Inc.

8 Truro Street
PO Box 5003
TORQUAY QLD 4655
Phone: 07 4125 5788
Fax: 07 4125 5911
Email: info@wbwhc.org.au
Website: www.wbwhc.org.au

Copies of flyers and brochures are available
for groups advertised in this newsletter.

CONTACT NUMBERS

Alcohol & Other Drugs	1800 177 833
Community Health Hervey Bay/M'brough	4122 8733
Community Rental Group	4124 1183
Domestic Violence	1800 811 811
Gambling Helpline	1800 222 050
Wide Bay Sexual Assault	4194 5230
Hospital Hervey Bay	4325 6666
Kids Helpline	1800 551 800
Taylor Street Legal Service	4194 2663
Legal Aid	1300 651 188
Lifeline	13 11 14
Narcotics Anonymous	4123 6738
Neighbourhood Centre HB	4194 3000
Neighbourhood Centre M'Boro	4121 2141
Parentline	1300 301 300
Poisons Information	13 11 26
Police Hervey Bay	4128 5333
Salvation Army Hervey Bay	4125 1848
Senior Citizens Hervey Bay	4128 4837
Seniors Legal and Support Service	4124 6863
Women's Health Qld Wide	1800 017 676
Women's Infolink	1800 177 577
Women's Legal Service	1800 677 278

If undeliverable please return to:
Wide Bay Women's Health Centre
P O Box 5003,
TORQUAY QLD 4655

Zenda
Print Post Approved
100005264

The Wide Bay Women's Health Centre is a free confidential service for Women By Women.

"It's a Dynamic and vibrant organisation which facilitates the individual and collective growth and well-being of women"

The Centre is a point of contact for women in need of support, information, Counselling and/or referral. Please call for any further information.

*Opening Hours: Monday, Wednesday and Thursday
9.00am - 5.00pm. Tuesdays: 9.30am - 5.00pm, Fridays: 9.00am - 2.00pm.
The Centre is closed on the last Friday of every month*

Counselling

A free and confidential counselling service by appointment is available to all women in the area. Therapies include but are not limited to Mindfulness, Narrative and Acceptance and Commitment Therapy (ACT), Neuropsychotherapy and Sand play Therapy.

The Wide Bay Women's Health Centre Inc. is funded through the Department of Justice and Attorney General.

This funding allows us to provide programs and services free of charge or for minimal cost.

Your donations are still greatly appreciated and put to good use.

Thank you

Disclaimer

The Wide Bay Women's Health Centre Inc. has made every effort to ensure information contained within this newsletter is accurate. However, we accept no responsibility for any errors, omissions or inaccuracies. Any articles contained within this newsletter are for information purposes only and we accept no responsibility to persons who may rely upon this information for whatever purpose.



*Wide Bay Women's
Health Centre*

**PRINT
POST**

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**POSTAGE
PAID
AUSTRALIA**

