



## ZENDA FOR THE 21ST CENTURY WOMAN FEBRUARY - MARCH 2023

### FOR WOMEN BY WOMEN



*inside ...*

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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 an increasing 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 US HERE AT THE CENTRE 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 YOU THE CENTRE WOULD NOT BE THE SAME.

ALSO A BIG THANKS TO EVERYONE WHO HAS DONATED GOODS, FROM BED LINEN TO TOILETRIES. THESE ITEMS HAVE HELPED MANY WOMEN WHO COME TO THE CENTRE.

THANK YOU ALL

PLEASE NOTE: OUR TOILETRY SUPPLIES ARE RUNNING LOW AND WE WELCOME CONTRIBUTIONS FOR 2023



# 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

Welcome to our first edition of ZENDA for 2023 and I hope everyone had a safe Christmas and New Year.

Our service has been busy again since the break, with some of our workshops up and running. The very popular Yarning Circle recommenced last Thursday and by all accounts was a success. The Yarning Circle, held on Thursdays from 10am to 2pm will continue to welcome all women.

This year, Wide Bay Women's Health Centre, welcomes two new staff members. Danni, who relocated to our beautiful part of the world from Adelaide is our new Finance Support Worker. Danni brings a wealth of experience with her and will be a great addition to our team. We are delighted to welcome back Suyin who many of you will know, from her time here previously. Suyin has moved away from the front office to assist our clients with Case Management.

It is wonderful to see how our team has grown over the last three years and we look forward to providing support to the women of our community.

Within this edition of Zenda we are bringing awareness to the very pertinent topic of 'Consent'. With much ambiguity around consent and how it is interpreted, we here at the Centre want to help make the meaning as clear as possible. Through education and awareness, it is our hope that we can elicit change that is desperately needed.

Thank you to all our clients, members, Management Committee, and volunteers for your continued support.

*Lynette*





*Social Butterfly Sisters*  
walking group

5.30 - 6.30am  
three days a week

Meeting Places

Mondays - Urangan Pier Carpark, Urangan

Wednesdays - Aqua view carpark Torquay

Fridays - Enzo's carpark Scarness

\*excluding school holidays

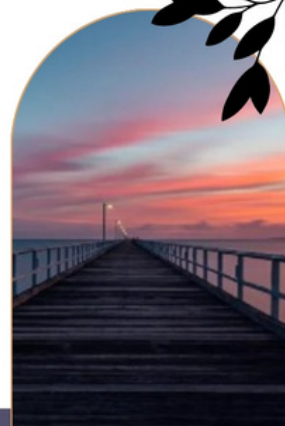


For more information  
contact



*Wide Bay Women's Health Centre Inc.*

4125 5788





# Indigenous News with Marj

*Galangoor D'Buttbee*

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*

## **WOMEN'S YARNING CIRCLE ON 'BUTCHULLA' COUNTRY**

For ALL women ~ Connecting Cultures, Yarning, Rock Painting  
Art on T shirts, Weaving, Beading, Necklaces/Earrings

RECOMMENCES ON THURSDAY, 2ND FEBRUARY 2023

EVERY THURSDAY (excluding school holidays)

10 AM – 2 PM

BBQ area Hervey Bay Surf Club, The Esplanade, Torquay.

For more information contact the Centre 4125 5788



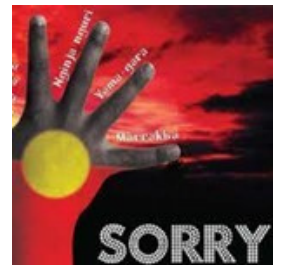
## **CULTURAL SIGNIFICANT DATES**

### **National Apology Day**

13 FEBRUARY

This date marks the anniversary of the National Apology to the Stolen Generations, who suffered trauma because of past government policies of forced child removal.

Many of these removals occurred as the result of laws and policies aimed at assimilating the Aboriginal and Torres Strait Islander population into the predominately white community. Stolen Generations survivors are some of Australia's most vulnerable people and many have kept their stories and experiences secret for multiple years, even decades. Through hearing the resilient stories of Stolen Generations survivors there is now a willingness for Australians to join in the healing journey. To be part of solutions into the future. This is the spirit of the anniversary.



What you could do to learn and know more about the National Apology Day in Australia.

1. Read about the history.

Do some research into the traumatising stories of the Indigenous children who were forcefully separated from their families and forced to live with strangers in foster homes and other institutions from 1910 to the 1970s in Australia. You'll be able to empathise with the victims and share in their pain.

2. Celebrate distinguished Indigenous Australians.

Today, there are many accomplished people of Aboriginal descent in various fields such as art, entertainment, sports, and academics, who have contributed immensely to the development of Australia. This day offers an ample opportunity to dig into their contributions and achievements, raise awareness about them, and inform the world about the ingenuity of these Indigenous Australians.

3. Speak up against discriminatory laws.

All around the world today, there are still many laws and policies made by governments against the fundamental human rights of many disadvantaged peoples. National Apology Day is a great opportunity to raise awareness and speak against many of these abusive policies in an attempt to seek a fairer world for all.

TO LEARN MORE, CHECK OUT THE HEALING FOUNDATION FACEBOOK PAGE AND WEBSITE.



WIDE BAY WOMENS HEALTH CENTRE INC



# Indigenous News with Marj



The Healing Foundation is a national Aboriginal and Torres Strait Islander organisation that partners with communities to address the ongoing trauma caused by actions like the forced removal of children from their families. This foundation provides a platform to amplify the voices and lived experience of Stolen Generations survivors and their families.



## National Close the Gap Day

16TH MARCH

(Third Thursday in March)

The Close the Gap Campaign aims to close the health and life expectancy gap between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians within a generation.

Closing the Gap is a strategy that aims to improve the life outcomes of Aboriginal and Torres Strait Islander people with respect to health and wellbeing, education, employment, justice, safety, housing, land and waters, and languages.

The Closing the Gap framework was established in 2008 to address Indigenous disadvantage. Ten years on, the lives of Aboriginal and Torres Strait Islander people have improved but more gains need to be made.





## International Women's Day



Sandra King Management continues the celebration of International Women's Day by presenting the 2023 BLACK, BOLD & BEAUTIFUL FIRST NATIONS WOMEN'S DAY LUNCHEON ~ 13 March ~ at the Brisbane Convention & Exhibition Centre, Grey Street entrance, South Brisbane. Doors open 9.30am.

Tickets are limited so book NOW!

Enjoy the fun and laughter with:

- MC: Butchulla Comedian Janty Blair, Winner 2022 Deadly Funny

Be inspired and empowered by:

- Guest speakers - First Nations Businesswomen
  - Fashion Parade – First Nations models and fashions
  - First Nations Business Expo
  - A tribute to Billie North – Trailblazer Model Agent and Mentor
- Plus, your chance to win:
- The Lucky door prize.
- Fantastic raffle prizes – All funds raised go to Bahloo Shelter Home AND Sisters Inside

Plus, your chance to win:

- The Lucky door prize.

- Fantastic raffle prizes – All funds raised go to Bahloo Shelter Home AND Sisters Inside

Proudly supported by:

- Brisbane Convention and Exhibition Centre
- Southbank Corporation
- Nulla – Office Supplies

SELF RESPECT - IS THE GREATEST GIFT WE CAN GIVE OURSELVES ©  
RESPECTING OTHERS - IS THE GREATEST GIFT WE CAN GIVE OUR COMMUNITY

Sandra King Management

Organiser of BLACK BOLD & BEAUTIFUL 2023 First Nations Women's Luncheon

### 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
- 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



WIDE BAY WOMENS HEALTH CENTRE INC

# Consent

## Queensland Health Says:

The most important rule of sex: consent

In Australia, 23% of women and 8% of men have experienced sexual violence in their lifetime. (That's ONE IN FOUR women.)

Chances are you not only know one person who has been sexually assaulted, but you probably know multiple people. Often, sexual assaults involve a person the victim knows, or even has a romantic relationship with.



Consent is an important part in making SEXUAL ACTIVITIES SAFE, mutual, and enjoyable experiences by ALL parties. IT plays a huge role in everyone's health - both physically and mentally, and it is a part of our sexual health strategy. Consensual sexual activities also play a huge role in maintaining good mental wellbeing. Without consent, one's mental wellbeing can be affected quite drastically.

It's important to remember that everyone should ask for and clearly receive consent before and throughout engaging in sexual relations. This applies to people of all genders and sexual identities.

You should only ever do what you really want to do, not what you believe is expected of you.

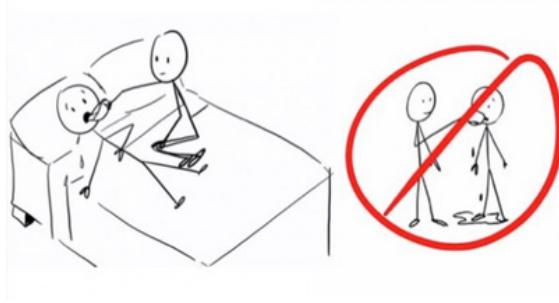




# What is Consent

## What is consent?

Watch the full video on consent on YouTube - 'Tea Consent'



*“If they say, ‘No, thank you,’ then don’t make them tea. At all. Just don’t make them tea. Don’t make them drink tea. Don’t get annoyed at them for not wanting tea. They just don’t want tea.”*

**Sexual consent is where a person has the ability and freedom to agree to sexual activity.**

- **Sex without consent is rape**
- **Make sure the other person is participating freely and readily.**
- **You can confirm if you have consent both verbally and by checking the other person's body language.**
- **Someone on drugs or too drunk to make decisions doesn't have the mental capacity to give consent.**
- **If someone is on drugs or seems too drunk to consent, or you're not sure, stop. Wait until they are sober and ask them again.**
- **Somebody who is asleep or unconscious cannot give consent.**
- **Other things can also affect a person's capacity to consent. Examples include a serious mental health problem, learning disability or a head injury. Having capacity means the person can make and communicate a decision, understanding the consequences and knowing they have a choice.**
- **If they cannot do this they cannot give consent.**
- **Your partner has the right to withdraw their consent at any time. Once consent is withdrawn you must stop engaging in sexual activity immediately.**

**#Consentiseverything**



# WHAT'S ON

February



Butterfly Sisters Walking Group  
5.30-6.30am Every Mon. Wed. Fri.

1

2

3



World Cancer Day

6



8

9



10 February  
World Pulses Day

11th

International Day of  
**WOMEN & GIRLS**  
in Science



13

Book Giving Day



14

15

16

17

18

19

20th

Love Your Pet Day



21  
Pancake Day



28

22



23



Teal Ribbon Day

24

25

26

27th

Ovarian Cancer talk with  
Karlie Holloway






17 Feb - 5 Mar

MARDI GRAS



# WHAT'S ON

March

		1	2	3 World Wildlife Day 	4	5 Clean Up Australia Day ...will you STEP UP? Sunday 5 March 2023
6	7	8th International Women's Day #EmbraceEquity	9		11	12
13	14	15 STUCK IN GRIEF How to find your way forward when grief weighs you down 3 WEEK GRIEF & LOSS WORKSHOP 15 March 9.30-12.30 Wide Bay Womens' Health Centre 8 Truro Street, Torquay Please call 4125 5788 to reserve your place	16th CLOSE THE GAP		17 St. Patrick's Day 2023 World Sleep Day March 17, 2023 Sleep is Essential for Health	19
		20 Int. Day of Happiness	22nd  World Water Day		24	25
		21 HARMONY DAY MARCH 		30 Australia Day		26 Neighbour Day! G'DAY NEIGHBOUR!
				31 #TransgenderDayOfVisibility March 31		



# Upcoming Workshops

## Deaf Wellbeing Workshop



A small group workshop for Deaf Fraser Coast Women to learn and talk about wellbeing and self-care.

Great opportunity to meet local deaf women.

Workshop includes:  
wellbeing and self-care strategies  
morning tea  
art and craft  
lunch  
Auslan interpreter

**9.30-2.30pm**

**14 February 2023**

**8 Truro St, Torquay**

Facilitated by Suyin & Jenny -  
community support workers

Places are limited to ten spots  
- please call or email the Centre to book  
4125 5788 / [info@wbwhc.org.au](mailto:info@wbwhc.org.au)

## STUCK IN GRIEF

How to find your way forward  
when grief weighs you down



3 WEEK GRIEF & LOSS WORKSHOP

15 March

9.30-12.30

Wide Bay Women's Health Centre  
8 Truro Street, Torquay

Please call 4125 5788 to reserve your place





# Teal Ribbon Day

Thursday 23 February is the Annual Giving & Awareness Day for Ovarian Cancer.

This is Karlie's story:

"I was diagnosed at the end of 2014 after a year of feeling generally unwell. My stomach had become extremely bloated. It was discovered that I had two tumours, one on each ovary. One was 10cm, the other 14cm. I consider myself so blessed, and want to speak out on behalf of all the women who can't - because they didn't make it :-("

Below are images of me when I was having treatment (left) and years after (right). I'm so happy to be talking to others and creating awareness of this insidious disease. Sadly a staggering 1500 odd Australian Women lose their lives to OC every year :-("

Thanks to you and Wide Bay Women's Health Centre for the opportunity to share my story and help promote awareness. x"

Karlie will be talking to us in person about her experience and what she knows about this awful disease and answering any questions you may have, here at the Centre on 27th February 10am - 12noon. Please call to reserve your seat and tell your friends and family!



In awareness of  
**Teal Ribbon Day**  
we are hosting special guest  
- Karlie Holloway -  
who will share her own journey  
with Ovarian Cancer + Q&A

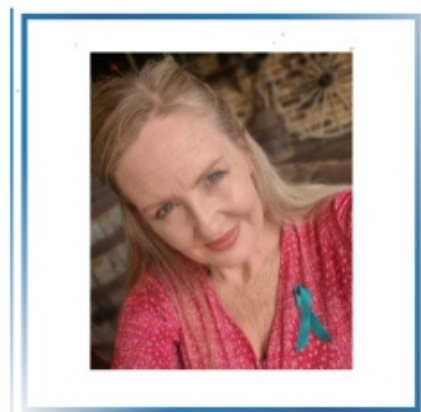
27th February

10.00am-12.00pm

WBWHC

Please call ahead to book

4125 5788



@widebaywomenshealthcentre



# LIBRARY NEWS

Each newsletter we feature a book from our wonderful library, with an extensive selection of books covering a broad range of issues ~ from ageing well, to good gut health, to the art of Zen. All on loan for our members, so pop in, sign up, and have a browse.

Title: WELCOME TO CONSENT

Author: YUMI STYNES & DR MELISSA KANG

Publisher: HARDIE GRANT CHILDREN'S PUBLISHING



Thanks to Yumi Stynes and Dr Melissa Kang we finally have the book that can help every young person navigate consent in a healthy way. With Welcome to Consent, tweens and teens can learn how to understand consent at school, at the doctor's office, with relatives, and in social interactions, including relationships. This book includes vital information about many common situations where consent needs to be gained and gives young people scripts to extract themselves from potentially harmful scenarios.

The information is bite-sized and accessible, with lots of fantastic real-life examples from teenagers and adults. It discusses intersectionality and has content suitable for diverse cultures, genders and bodies.

The first half of the book covers non-sexual consent and the second half explores kissing, relationships and sex. The focus is on ensuring enthusiastic consent in sexual situations and the authors let the reader know that if they don't feel ready for this second section, they should read it when they're older. Completing this amazing resource is a glossary of terms and directory of organisations that help young people.

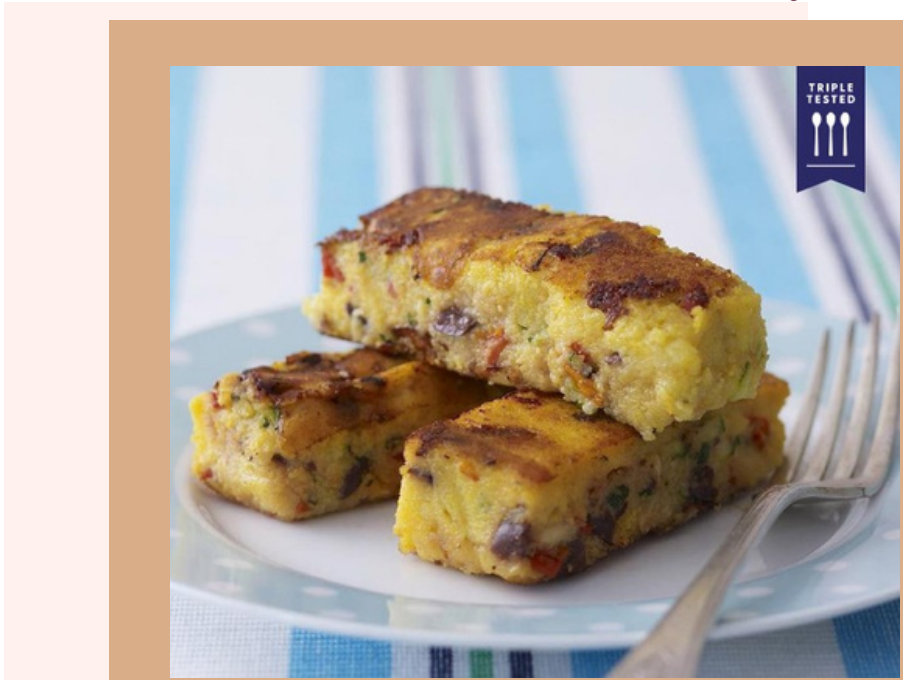
This book needs to be in the hands of every single young person ages 10 and up. It has the power to change the conversation around consent, make interactions safer and give young people clear guidance on what positive relationships look like. Ideally, parents or carers should also read through these pages to better facilitate discussions with young people, and to ensure that everyone, no matter their age, understands the subject. This is an utterly indispensable work.

*Reviewed by Angela Crocombe from READINGS*



# RECIPE PAGE

## *Zucchini, olive + tomato polenta fingers*



This recipe is gluten-free, wheat free, yeast free, egg-free, and nut free.

2 cups (500ml) water  
2 cups (500ml) gluten-free veggie or chicken stock  
1 cup (170g) polenta  
1 large zucchini (150g), grate coarsely  
1/2 cup (80g) coarsely chopped seeded black olives  
1/3 cup (25g) finely grated parmesan or vegan cheese  
1/4 cup (35g) semi-dried tomatoes in oil, drained, chopped finely  
2 tbsps olive oil

1. Oil a deep 19cm-square cake pan; line base and sides with baking paper.
2. Bring the water and stock to boil in large saucepan; gradually stir in polenta. Reduce heat; simmer, stirring, about 10 minutes or until polenta thickens. Stir in zucchini, olives, cheese and tomato. Spread polenta mixture into pan; cover, refrigerate about 1 hour or until polenta is firm.
3. Turn polenta onto board; cut in half. Cut each half into six slices.
4. Heat oil in large frying pan; cook polenta, until browned both sides. Prep + cook time 25 minutes (+ refrigeration ) makes 12 nutritional count per finger 4.5g total fat (1 g saturated fat); 439kj (105 cal); 12.7g carbohydrate; 2.9g protein; 1.1g fibre
5. storage: Cooked polenta fingers can be stored in an airtight container in the refrigerator for up to 3 days. Polenta fingers can be eaten cold or reheated in the microwave on HIGH (100%) for 30 seconds.

recipe from @theaustralianwomensweeklyfood





# POETS CORNER

sometimes  
the apology  
never comes  
when it is wanted

and when it comes  
it is neither wanted  
nor needed

*.....you are too late*

*(Author - Rupi Kaur )*





# Mobile Women's Health Service

Providing a free and confidential range of screening, health promotion and preventive health services for women living in the Wide Bay.

## Services Include:

- ❖ Cervical Screening
- ❖ Sexual Health Screening and Advice

Health Education and advice about a range of Women's Health topics

## Hervey Bay

### Clinic Dates Feb-Jun 2023

Tue/Wed 14th & 15th February (FULL)

Tue/Wed 14 & 15 March

Wed 12th April

Tue/Wed 9th & 10th April

Tue/Wed 6th & 7th June

To make an appointment phone:  
1300 090 760



**Wide Bay Hospital  
and Health Service**



**Queensland  
Government**

HERVEY BAY CANCER CARE CENTRE –  
MEDICAL PLACE URRAWEEN



# 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](http://www.dvconnect.org)

## HAVE YOU RENEWED YOUR MEMBERSHIP?

We have a new membership period. It is from 1 July - 30 June 2023 - please check your current membership! Membership 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. This will allow you continued access to our library and a copy of our wonderful bi-monthly newsletter. **Annual membership only \$5.00**

### 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

**Madsen Medical  
Centre, Urraween**

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](mailto:info@wbwhc.org.au)  
Website: [www.wbwhc.org.au](http://www.wbwhc.org.au) (under construction)

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

*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 Inc.*

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

Zenda  
Print Post Approved  
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PAID  
AUSTRALIA**

