



ZENDA FOR THE 21ST CENTURY WOMAN

APRIL - MAY 2023

FOR WOMEN BY WOMEN



Workshop and Counsellor Appointment Bookings

We realise that at times not being able to attend an appointment is unavoidable, but if you have booked a spot for a workshop or counselling session, and no longer able to attend, please ring to cancel as soon as possible. Our waiting list is growing and it may be possible to put someone into that place.

WE THANK YOU FOR YOUR CONSIDERATION

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acknowledgement

TO OUR VOLUNTEERS WHO HELP US HERE AT THE CENTRE WE WOULD LIKE TO GIVE A HEARTFELT 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. A SPECIAL THANKS TO LISA, MICHELLE & CHEZ FOR GIVING OUR GARDEN SOME TLC RECENTLY - WE'VE HAD A BIG CLEAR OUT, AND THE ADDITIONAL OF SOME BEAUTIFUL PLANTS. THANK YOU!

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.

PLEASE NOTE: OUR TOILETRY SUPPLIES ARE RUNNING LOW AND WE WELCOME CONTRIBUTIONS FOR THE WINTER MONTHS AHEAD.

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

Thank you for taking the time to read our Zenda newsletter. I am so happy Linda has been able to work her magic and produce a wonderful, new and exciting edition each time.

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

We've had a lovely garden spruce up thanks to our beautiful volunteers and have returned from our Easter break looking forward to the next quarter and our workshops and events we have on the agenda.

This month we have the four week Healthy, Wealthy & Wise program and in May we will be running the very popular Shark Cage, followed by Reconciliation Week celebrations and morning tea.

Spaces are filling up fast, so call us to book your spot if you'd like to join us.

Don't forget our doors are open for all women, not only for counselling, but for a quiet place to enjoy. We have an ever expanding library of books and resources which are available to loan to anyone who is a member (only \$5 per year), and you're always welcome to pop in, make yourself a cuppa and enjoy the quiet of our little courtyard.

Lynette





Indigenous News with Marj

Galangoor D'Buthbee

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 - RECOMMENCES ON THURSDAY, 20 APRIL 2023

EVERY THURSDAY (excluding school holidays) 10 am – 2 pm

Call the Centre 4125 5788 or see Aunty Marj or Henny for location each week.

CULTURAL SIGNIFICANT DATES

RECONCILIATION WEEK 27 MAY - 3 JUNE

Be a Voice for Generations #NRW2023

Reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians.

The theme for National Reconciliation Week 2023, Be a Voice for Generations, encourages all Australians to be a voice for reconciliation in tangible ways, in our everyday lives – where we live, work, and socialise.

For the work of generations past, and the benefit of generations future, let's choose to create a more just, equitable and reconciled country for all.

What is National Reconciliation Week?

The dates for NRW remain the same each year; 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively.

Reconciliation must live in the hearts, minds, and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

- Learn more about the history of National Reconciliation Week.
- Download NRW 2023 resources for use at home, work and school.
- Registration for NRW 2023 events will open at the end of February. Keep updated on nrw.reconciliation.org.au

June 3, 2023

Mabo Day is celebrated on June 3, the date that the High Court of Australia made the Mabo Decision. This holiday is one of great significance in Australia, particularly among the Torres Strait Islander people.



WIDE BAY WOMENS HEALTH CENTRE INC



Indigenous News with Marj

CONNECTING CULTURES

Women's Yarning Circle on 'Butchulla' Country continues to shine bright, with social connections, cultural learnings both ways, with each woman who joins our circle. We have been invited by Tanya Ross to visit the university of Sunshine Coast - a fantastic opportunity to connect with students to strengthen networks within community. Also, a cultural learning for all of us to learn and share in our circle. We have so much to learn from each other; Aunty Jan leads our rafia weaving circle, where first time weavers made skirts, baskets and place mats, Aunty Kathy Renic showed us all how to blow the yoke from eggs, then paint/varnish the easter eggs, painted boomerangs, knitting, crocheting, making dreamcatchers, rock art... the list goes on. We have deadly women in our circle, caring and sharing through our weekly Yarning Circle.

We have also been invited by Aunty Veronica Bird, General Manager of BNTAC (Butchulla Native Title Aboriginal Corporation) to make some Climate Change Scarves as well as participate in the lantern project that is being facilitated and coordinated by Erica Neate.

Climate Change Scarves - Jenni, Evelyn, and Deb have completed climate change scarves that are a part of the Lantern Project that has been a collaboration with Aunty Veronica Bird, BNTAC and Erica Neate, supported by Fraser Coast Tourism and Events. (note: we have the pattern and instructions to knit the scarf at the Centre)



Easter Basket Raffle – a BIG thank you to Charmaine and Kay who donated a hand-made rabbit, and a beautiful basket for our Easter Raffle. Donations are used to purchase arts and crafts resources for our Women's Yarning Circle on 'Butchulla' Country.



Marj

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

WHAT'S NEW

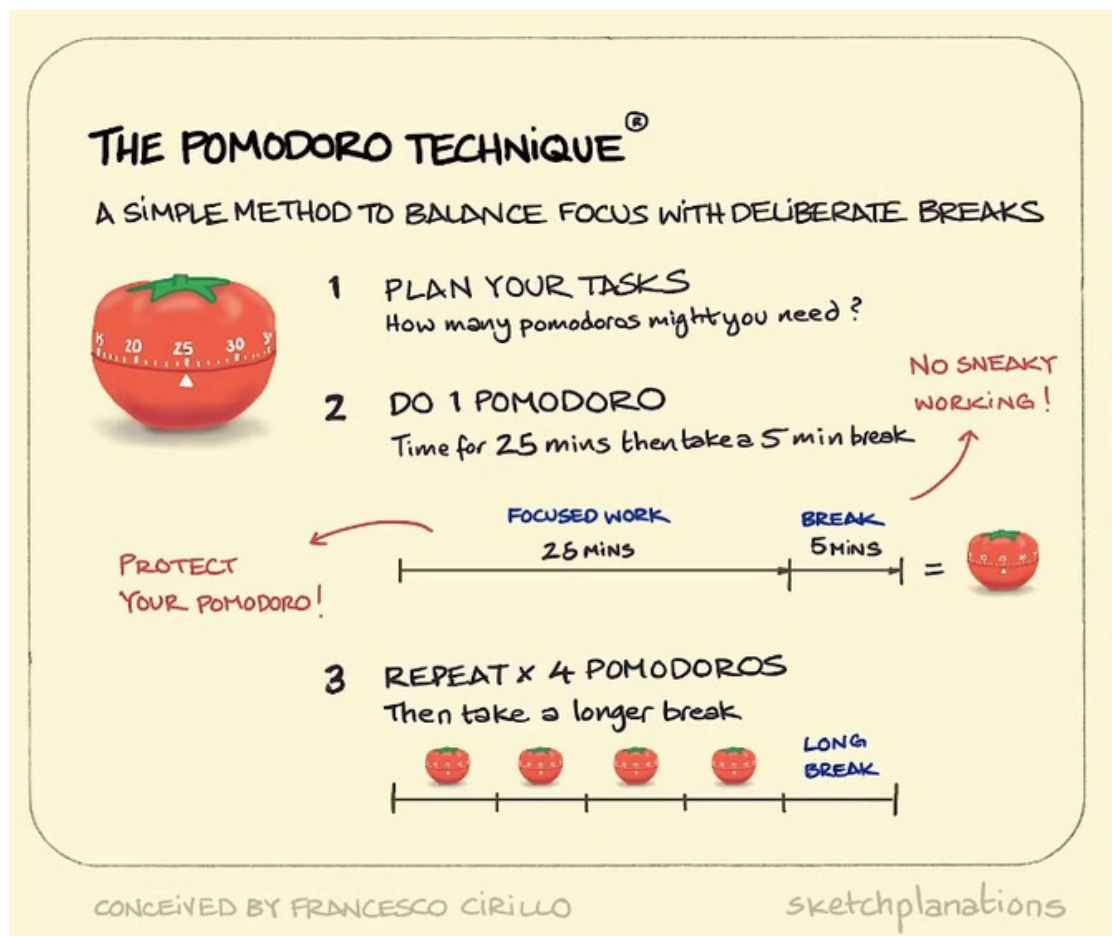
The Pomodoro Technique



Remember those tomato shaped kitchen timers? Well who knew they would be the hero of this great productivity hack.

The Pomodoro Technique is a time management system devised in the 1990s by Francesco Cirillo. It divides each 30-minute period into a 25-minute study block and a 5-minute rest break. Each 25-minute block is called a Pomodoro and is designed to maximise your focus and productivity.

In essence, it's a simple way to study, get your 'to do' list done, and boost your personal mantras. It gives you structure, helps you plan ahead, and encourages self-reflection.



Upcoming Workshops

JOIN NOW

HEALTHY, WEALTHY & WISE WORKSHOP

19 April

- Seniors Legal & Support Service is a community service providing free and confidential legal advice and counselling support for seniors 60 years+ in the Fraser Coast community.
Got questions about your legal rights? Then this is the day for you. The ladies for SLSS are here to help.
- Nurses Navigator work with clients and their carers to help understand and manage health care needs and empower them to make informed decisions on their health. They connect you to resources and provide information.



3 May

- Uniting Care Facilitators help support you with your finances. It's an interactive day which provides you with a real connection to your financial space as a starting point. They will give you the **tools to help you take control of your budget and finances.** Ask anything you like - they're here to help.



17 May

- Q Health will be here to provide support and education on a range of topics for women. A Clinical Nurse will talk in more detail and **answer any questions you have on Women's Health**, including nutrition, weight and stress management, cervical screening, breast care, sexual health screening and menopause.
Got a question? This is the perfect chance to ask.



31 May

- Reconciliation Day - **Connecting Cultures**
Strengthening relationships between indigenous and non-indigenous people through yarns, Q&A and local information.



WEDNESDAYS -
19 April & 3rd, 17th, 31st May



8 Truro St, Torquay



Free for all



WIDE BAY WOMENS HEALTH CENTRE INC

Upcoming Workshops

THE SHARK CAGE WORKSHOP

FACILITATED BY TANYA BARICH

WEDNESDAY 10 MAY
9.30AM -2.30PM



Ursula Benstead has developed the 'Shark Cage' framework metaphor as a practical tool for understanding and reducing re-victimisation.

This workshop offers concrete and helpful strategies for change in women's lives. Learning to recognise boundary violations through developing personal boundaries and identifying women's rights.

TO RESERVE YOUR PLACE PLEASE CALL 4125 5788



Wide Bay Women's Health Centre Inc.



WIDE BAY WOMENS HEALTH CENTRE INC

CHAIR YOGA

for beginners

Every 2nd Monday
10-11am
recommencing
24 April 2023

WBWHC
8 Truro St, Torquay



Wide Bay Women's Health Centre Inc.



WIDE BAY WOMENS HEALTH CENTRE INC

WHAT'S ON

April



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

1

2



3

4

5

STOP! STREET HARASSMENT
3-9 April

Good Friday



10

11

12

13

14

15

16

World Creating & Innovation Week
15-21 April



17

18

19

HEALTHY WEALTHY WISE
four week workshop
Health & Financial Professionals
speaking about issues that affect you
8 Truro Street
10-12 PM
Wide Bay Women's Health Centre Inc.

21

22



25



ANZAC DAY

LEST WE FORGET-25th APRIL



International Guide Dogs Day 27 April



30



WIDE BAY WOMENS HEALTH CENTRE INC

WHAT'S ON

May

1	8	HEART WEEK 1-7 May 2023	3	7
 <p>MAY LABOR DAY</p>		 <p>World Laughter Day</p>		
 <p>National Volunteer Week 15-21 May 15 to 21 May 2023</p>	 <p>INTERNATIONAL NURSE DAY MAY 12</p>	 <p>HAPPY MOTHER'S DAY</p>		
 <p>Mental Health Awareness Week #ToHelpMyAnxiety</p>	 <p>WOW DAY WEAR ORANGE WEDNESDAY FOR SES VOLUNTEERS 17 MAY 2023 GET INVOLVED WOWDAY.COM.AU #THANKYOUS</p>			
 <p>23 MAY World Turtle Day</p>	 <p>Australia's Biggest Morning Tea Cancer Council</p>	 <p>National Sorry Day 26 May</p>		
29	30	 <p>NATIONAL RECONCILIATION WEEK 2023 27 MAY — 3 JUNE NRW.RECONCILIATION.ORG.AU #NRW2023</p>		



LIBRARY NEWS

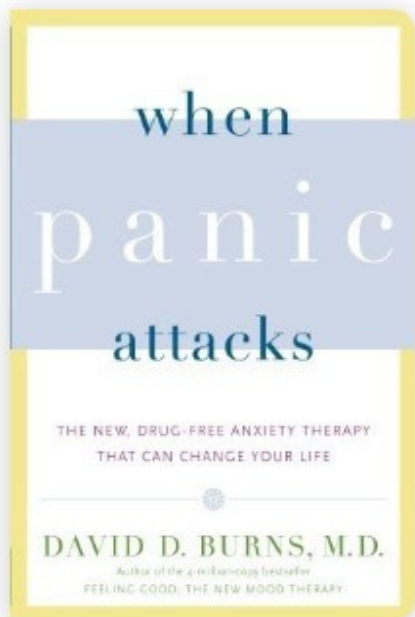
Each newsletter we feature a book from our wonderful library, with an extensive selection of books covering a broad range of issues ~ from ageing well, to good gut health, to the art of Zen. All on loan for our members, so pop in, sign up, and have a browse.

Title: WHEN PANIC ATTACKS
Author: DAVID D. BURNS, MD
Publisher: BROADWAY BOOKS

Are you plagued by fears, phobias, or panic attacks? Do you toss and turn at night with a knot in your stomach, worrying about your job, your family, work, your health, or relationships? Do you suffer from crippling shyness, obsessive doubts, or feelings of insecurity?

What you may not realize is that these fears are almost never based on reality. Anxiety is one of the world's oldest cons. When you're anxious, you're actually fooling yourself. You are telling yourself things that simply aren't true.

Imagine what it be like to live a life that's free of worries and self-doubt; to go to sleep at night feeling peaceful and relaxed; to overcome your shyness and have fun with other people; to give dynamic presentations without worrying yourself sick ahead of time; to enjoy greater creativity, productivity and self-confidence.



Does that sound impossible? The truth is you "can" defeat your fears. In "When Panic Attacks," Dr. Burns takes you by the hand and shows you how to overcome every conceivable kind of anxiety. In fact, you will learn how to use more than forty simple, effective techniques, and the moment you put the lie to the distorted thoughts that plague you, your fears will immediately disappear. Dr. Burns also shares the latest research on the drugs commonly prescribed for anxiety and depression and explains why they may sometimes do more harm than good.

This is not pop psychology but proven, fast-acting techniques that have been shown to be more effective than medications. "When Panic Attacks" is an indispensable handbook for anyone who's worried sick and sick of worrying.

Industry Reviews

"Few truly great books on psychotherapy have been published, and this is one of them. When Panic Attacks tells you how to deal with all kinds of anxiety and with most other emotional problems. It is clearly and charmingly written." --Albert Ellis, Ph.D, founder of the Albert Ellis Institute and bestselling author of A Guide to Rational Living

"Another masterpiece from the author who helped millions help themselves with Feeling Good: The New Mood Therapy. Dr. Burns's elegant writing style, compassion, and humor translate powerful psychotherapy methods into accessible, practical, and helpful tools for the vast number of individuals who struggle with anxiety." --Henny Westra, Ph.D., associate professor and director of the York University Anxiety Research Clinic



RECIPE PAGE



Cancer Council
Australia's Biggest
Morning Tea

Cancer Council Australia's Biggest Morning Tea Recipe (25 May)

Zucchini Slice

Serves 9

Dietary fibre per serve: 4g

Prep time: 30 minutes

Cook time: 45 minutes

Ingredients

5 eggs
2 medium zucchinis, grated
200g butternut pumpkin, grated
1 tin reduced salt corn kernels
1 diced medium brown onion
2 tsp dried mixed herbs
3/4 cup wholemeal self-raising flour
1 cup reduced-fat grated cheddar cheese
pepper to taste
olive or rice bran oil spray

*Alternatives

- Make it gluten free by substituting 1/2 cup wholemeal self raising flour for 1/2 cup gluten free self raising four
- Try swapping pumpkin for carrot or sweet potato

Method

1. Preheat oven to 200 deg C | 180 deg C fan forced for 10 minutes
2. Whisk eggs in a medium bowl
3. In a large bowl combine vegetables, egg, flour, cheese, herbs & pepper
4. Add eggs and stir mixture until well combined
5. Spray a large baking dish with oil. Pour in mixture and flatten
6. Bake for 40-45 minutes or until firm and golden brown
7. Rest in the pan for ten minutes before cutting into 8 slices



WIDE BAY WOMENS HEALTH CENTRE INC

FOOD FOR THOUGHT



Anxiety & Caffeine

Caffeine – love it or hate it, it's got its hooks into us - whether that's your essential morning fix (75% of Aussies have at least one coffee a day), or in some of your favourite foods (see top ten list below).

And as much as we might enjoy that hit in the morning (gah! I need my coffee?! - sound like anyone you know?) the impact it can have on our health can't be ignored.

While caffeine can give you that shot of adrenaline to get you started, lasting up to an hour, the effects of those one or two coffees before lunch can take up to six hours to wear off, leaving you dehydrated, and quite possibly irritable, and anxious. Caffeine can affect our autonomic nervous system (responsible for fight and flight) and when that kicks in, our heart rate increases, and blood pressure rises. And that's when a mild level of anxiety can begin to tilt. Drinking too much coffee on top of this state can even lead to panic attacks. It can mess with our sleep pattern (oh, how we need our sleep!), contribute to headaches, make us twitchier and more nervous, give us heartburn and even upset our stomachs.

For many, these symptoms are quite common, easy to ignore, or masked with a quick fix.

But as we know, anxiety doesn't just 'go away'.

Perhaps being a little more mindful of your caffeine intake might be a better way forward.

MYFOODDATA

Top 10 Foods and Drinks High in Caffeine

400mg of Caffeine = 100% of the Upper Limit (%UL)

1 Dark Chocolate Coated Coffee Beans  84% UL (336mg) per oz(28 beans) 216 calories	2 Coffee  24% UL (95mg) per 8oz cup 2 calories
3 Energy Drinks  23% UL (91mg) per 8oz cup 149 calories	4 Espresso  16% UL (63mg) per 1oz shot 3 calories
5 Sodas  12% UL (49mg) per 16oz bottle 201 calories	6 Green Tea  7% UL (28mg) per 8oz cup 0 calories
7 Black Tea  7% UL (26mg) per 8oz cup 0 calories	8 Dark Chocolate  6% UL (24mg) per 1oz square 164 calories
9 Coffee Liqueur  3% UL (14mg) per 1.5oz shot 175 calories	10 Chocolate Cake with Frosting  2% UL (8mg) per slice 537 calories



POETS CORNER

The Screams For Peace

Our sun burns bright,
Up there in the dark red sky,
The dirt beneath our feet
Feeling the way of our land

Then they came on those wooden ships
Screaming in rage,
Saying things, we don't understand
Forcing us to do as they say

Screams flowed through the lands,
Grief on our tear-stricken faces,
People taking flight to the plains
Running around through the rains

Peace is what we needed,
Instead, all we got were harsh words
The pain that seemed ok in their eyes
The people scare us with their words

The land and us are one,
We have all been united through trust,
We had to pave the way,
In a way we must obey

The say they are justice,
But what happened to our justice
Screaming for peace
That never seemed to happen
So again, we scream for justice

Now one day every year,
The sing praises of our names,
To speak of all the wrongs
Our people are now twice as strong

Our ancient people from in the land,
They still paint their pictures
And they still sing their songs,
Of all the rights and wrongs

Apologising won't do anything about their
pain,
To all the pain they had brought
People thinking that its ok to erase all their
pain
All the pain and suffering in their lives

Now in parades they scream,
Screaming about their old ways
Screaming about a special word
Screaming about the ways of reconciliation

Now there are many ways,
Where we can all celebrate,
In all the beauty and the pain,
There are still many ways

From Sorry day to Mabo day,
They scream for forgiveness,
In NAIDOC week, we all walk through the day
We have not yet forgiven but we still walk
hand in hand



*Written by 14 year old Lahni Caminiti
March 2023*





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



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



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, Tiara 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 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
Website: 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
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PAID
AUSTRALIA**



WIDE BAY WOMENS HEALTH CENTRE INC