



ZENDA FOR THE 21ST CENTURY WOMAN

AUG-SEP 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 are 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 JULIE FOR STEPPING IN AT RECEPTION FOR US ONCE AGAIN, AND HER SUPPORT WITH THE YARNING CIRCLE AND VARIOUS COMMUNITY EVENTS.

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 HAVE RUN VERY LOW AND WE WELCOME CONTRIBUTIONS FOR THE WARMER 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

Welcome to the new edition of Zenda

In June we honoured the shortest day of the year on 22nd ~ Winter Solstice, a time for stillness, reflection and giving thanks. Despite the cooler days, it's been a very busy couple of months here in the Bay, with our ever expanding community, including our new neighbours across the road, school holidays, and whale season visitors upon us.

At the Centre we've had several very successful workshops and have been getting out and about too, most recently at NAIDOC Week events here and in Maryborough. Our team has been working hard to provide support to the women of the Bay and Maryborough region through our workshops, community groups, counselling services and resources. We are constantly expanding our library and information service, in addition to our Wide Bay Women's Health Centre membership.

For existing members renewals are due for the 2023-2024 year. Membership still remains at \$5 per year and gives you the benefit of being able to borrow books from our library, receive this wonderful newsletter and voting rights at our Annual General Meeting (AGM).

WE WELCOME NEW MEMBERS AND THANK YOU FOR YOUR SUPPORT.

The AGM will be held at 5.00pm on the 20 September 2023 at the centre. A flyer and membership form for the AGM will be sent out to members during August.

Keep up to date via Facebook or our website www.wbwhc.org.au for further information on events at the centre.

Thank you for your continued support.

Lynette





Indigenous News with Marj

Gyalangoor D'Buthbee

GOOD MORNING IN 'BUTCHULLA' LANGUAGE

MANAGEMENT & STAFF OF WIDE BAY WOMEN'S HEALTH CENTRE INC ACKNOWLEDGE THE TRADITIONAL CUSTODIANS, ELDERS
PAST, PRESENT AND EMERGING LEADERS OF THE 'BUTCHULLA' PEOPLE WHOSE COUNTRY WE LIVE, WORK AND PLAY ON

SIGNIFICANT CULTURAL CELEBRATIONS

National Aboriginal and Torres Strait Islander Children's Day



Children's Day was first held in 1988. Part of the reason it was started was because there were many of our children in orphanages and institutions who did not know their birthday, so Children's Day was set aside each year to celebrate the birthday of these children – the Stolen Generations.

National Aboriginal and Torres Strait Islander Children's Day is a time for Aboriginal and Torres Strait Islander families and communities to shine, showcase and celebrate the strengths and culture of our children.

The Theme is 'Little Voices, Loud Futures'

On August 4th, all Australians have an opportunity to show their support for Aboriginal and Torres Strait Islander children, in addition to learning about the impact that culture, family, and community play in the life of every Aboriginal and Torres Strait Islander child.

Each year, hundreds of early-years and childhood education centres host events to celebrate Children's Day. These events take place in workplaces, schools, or kindergarten and or in partnership with a local Aboriginal or Torres Strait Islander organisation or community. Some ideas include morning tea, barbeque, cultural dancing, arts and craft sessions, cultural exchanges, concerts, storytelling, competition, games, and other activities.





Indigenous News with Marj

JEAN HAILES WOMEN'S HEALTH WEEK

Women's Health Week is an annual health awareness campaign, held every September since 2013. The week encourages women, communities, and workplaces to get involved by holding events and sharing health messages.

This year's Women's Health Week theme is Grow your knowledge, which is about supporting women to make informed decisions with their health by providing information that's easy to absorb and understand.

Women's Health Week runs from 4th - 8th September 2023 and will feature new resources and information on hormones, PCOS, menopause, cervical screening self-collection, heart health, persistent pelvic pain, and nutrition.

They provide a huge supply of fantastic free content which you can access at www.jeanhailes.org.au - subscribe or follow them on their socials to receive updates on events and additional resources. If you would like to host an event in your community they provide wonderful support material.

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
- 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

NAIDOC 2023

'For Our Elders' was the theme for this year's NAIDOC celebrations.

Day i

On Wednesday the 5th of July two older woman did their bit, with love 'For Our Elders'. With the car loaded to the gunnels I drove 5 minutes from home to the Hervey Bay Regional Gallery and met with Julie to set up the stall for Wide Bay Women's Health Centre. The weather was not the best, misty and humid having rained the night before. The ground was wet and squishy, it still looked like rain, luckily Sam had a marquee set up for us. We were near the coffee van, and CQID.

Julie and I both having market stall experience were like a well-oiled machine. We donned the table with our purple cover and hung the hand painted bunting and set up our banner. We looked like an organised and professional outfit.

The time passed slowly, the miserable weather kept people away, lots of stall holders cancelled. Julie and I took turns checking the other stalls and networking with agency staff. We were given a nice warm lunch compliments of the gallery and a couple of coffees from the van, for being Elders.

Everyone finished early, and we decided to de-camp before the rain started.

Day ii

Julie and I planned for Maryborough's Thursday NAIDOC by borrowing a marquee from Linda in case of another day of rain.

I picked Julie up at 8am for our drive to the Doon Villa Football grounds in Maryborough for our 9am start. Though the early hours were very misty, the sun came out for Thursday the 6th of July. We set up like experts, positioned between Mental Health's Coral Fisher and the staff from Marigurim Yalaam-Justice agency.

We had lots of attendees to the stall, the MC kept the kids busy playing games, the food, water, ice blocks were free. The football club had donated meat for the BBQ, and Red Cross

supplied water and ice blocks.

Galangoor Duwalami were there to do flu vaccinations. The weather was glorious, sunny and not a cloud in the sky. The music was great, and Julie and I had a lovely day, again checking stalls and talking to lots of likeminded people while the kids enjoyed the crafts on offer. We got home about 4pm, we were both very tired from the two days.

Henny



Gratitude.....



One of the best ways to get through tough times is to spend time thinking about what you're grateful for.

Gratitude magnifies positive feelings and experiences and prevents us from taking things for granted.

Not only does practicing gratitude improve our mental health, but it can also improve the quality of our relationships as well as our physical well-being.

Psychologically we are naturally primed to give more attention and emphasis to negative, stressful and threatening events or feelings. By consciously re-focusing our attention to notice and appreciate things that are helpful, joyful, supportive or fun, we are rebalancing our thinking and enabling some positive feelings to emerge.

Practising gratitude helps us rewire our brains. This in turn sets us up to be better able to think through and respond to the challenges we face.



Spring Equinox

It won't be long now, the temperature will start to rise, the days will become longer and everything in the garden will burst into life. September 23 is Spring Equinox. It is the time of year that day and night are (almost) equal length. A time known for balance in the natural order of things. Also known as the Vernal Equinox or Ostara, this is a time to celebrate new life, awakening, fertility, coming out of the winter, and most of all, balance.

With all this fresh, cleansing spring energy in the air, this is the perfect time to put into practice some new healthy habits. You'll naturally be feeling a little more energetic, so why not make the most of it? Here are some of the healthy habits we'll be trying to put into action this spring:

10 mins of meditation each day

For some, meditation is like drinking more water: We all know it's one of the simplest ways to improve our health and well-being, and yet we struggle to make a habit of it. But, if there is one new habit you adopt this spring, mindfulness could be the most rewarding. Even just ten minutes of mindfulness practice a day has been shown to improve insomnia, relieve stress and anxiety and reduce the risk of cardiovascular disease. Meditation has also been shown to improve your productivity, so while it might seem hard at first to find that extra ten mins in the morning, it's actually a worthy investment that will pay off for the rest of your day.

Don't forget to stretch

When we're short of time, stretching is usually the first thing to go from our exercise regime. Because the results aren't as visible as lifting weights or running, we can be mistaken for thinking it's not really doing much. But, when it comes to a healthy, balanced body, stretching is crucial because it keeps your muscles flexible and strong and helps to reduce the risk of joint pain, strains, and muscle damage. So, make stretching a core part of your workout and say hello to long, flexible and healthy muscles.

Eat local, seasonal produce

Eating seasonally offers many benefits for your health and the environment. And, with all the incredible fruits and vegetables coming into season in the next few months, now is a great time to try and take advantage of in-season produce. When you eat with the seasons you'll be more likely eating fruit and veg from local growers, which not only means a lower carbon footprint but also that you're supporting the farmers and businesses in your community. Seasonal fruit and veg are usually harvested at peak ripeness too, giving you the full benefit of both flavour and nutrients. What's good to eat now? We're loving bananas, oranges, broccoli, brussell sprouts, mushrooms, peas and spinach.

Find your balance

The trees have come back to life, blossoms are blooming, the grass is growing, the sprouts are 'taking off', growth is everywhere! Beautiful smells, sprite-lieness and baby animals...During Spring, everywhere in nature, we see and feel and hear, the energy, the pulse, the sound of new growth. And so we have the opportunity to consciously align with this energy and 'use' it to fuel whatever new beginnings we are creating in our lives, giving thanks for, and focusing with gratitude (which will help it grow more) on that which is growing and developing in ourselves.

Your being, as part of the Earth, part of the cycle of the seasons, will be influenced by this energy whether you're paying attention to it or not. If you pay some attention, you will feel it, and you can be in flow with it.

It is a wonderful time to take a life review and make sure that you are as 'in balance' as nature is. How is your work/home life balance? Do you allow yourself enough time out for you? Do you prioritise your needs as much as you do the needs of others? Before the busy, buzzing summer and holiday season kicks in, take this opportunity for an honest look at all areas in your life and find as much balance as you can.

Did you know....



HBNC Brings Fun and Games to Neighbourhood Parks with New Outreach Trailer

HBNC is excited to announce the launch of its new Meet the Neighbours Outreach Trailer – Creating Connected Communities.

The trailer will be fitted out with over 25 fun games and activities, including giant chess, snakes and ladders, pong, twister, and various sporting activities. There will be something for all ages, young and old.

HBNC will be hosting neighbourhood park events across the region to launch the trailer. The events will be held in both well-known parks and those that are less used. They will be a chance for HBNC to connect with the community and showcase its services and resources.

“We want to create an environment of fun, laughter, and wholesome activities,” said Tanya Stevenson, CEO at HBNC. “We want to let people on the Fraser Coast know that we are here for them.”

The next neighbourhood park event will take place at Pialba Downs,
Eli Waters on 16 August, 3.00-4.30pm
For the full scheduled go to www.HBNC.com.au



WIDE BAY WOMENS HEALTH CENTRE INC

August

WHAT'S ON



1

2

Int. Day of
Indigenous People
9 Aug



11

Red Nose Day
11 August



12 International Youth Day



Int. Youth Day
12 Aug

Happy Independence Day

15



Cupcake Day
16 August



26

27

CHILDREN'S
BOOK WEEK
19 to 25 AUGUST
#CBCA2023

READ
GROW
Inspire

31

1

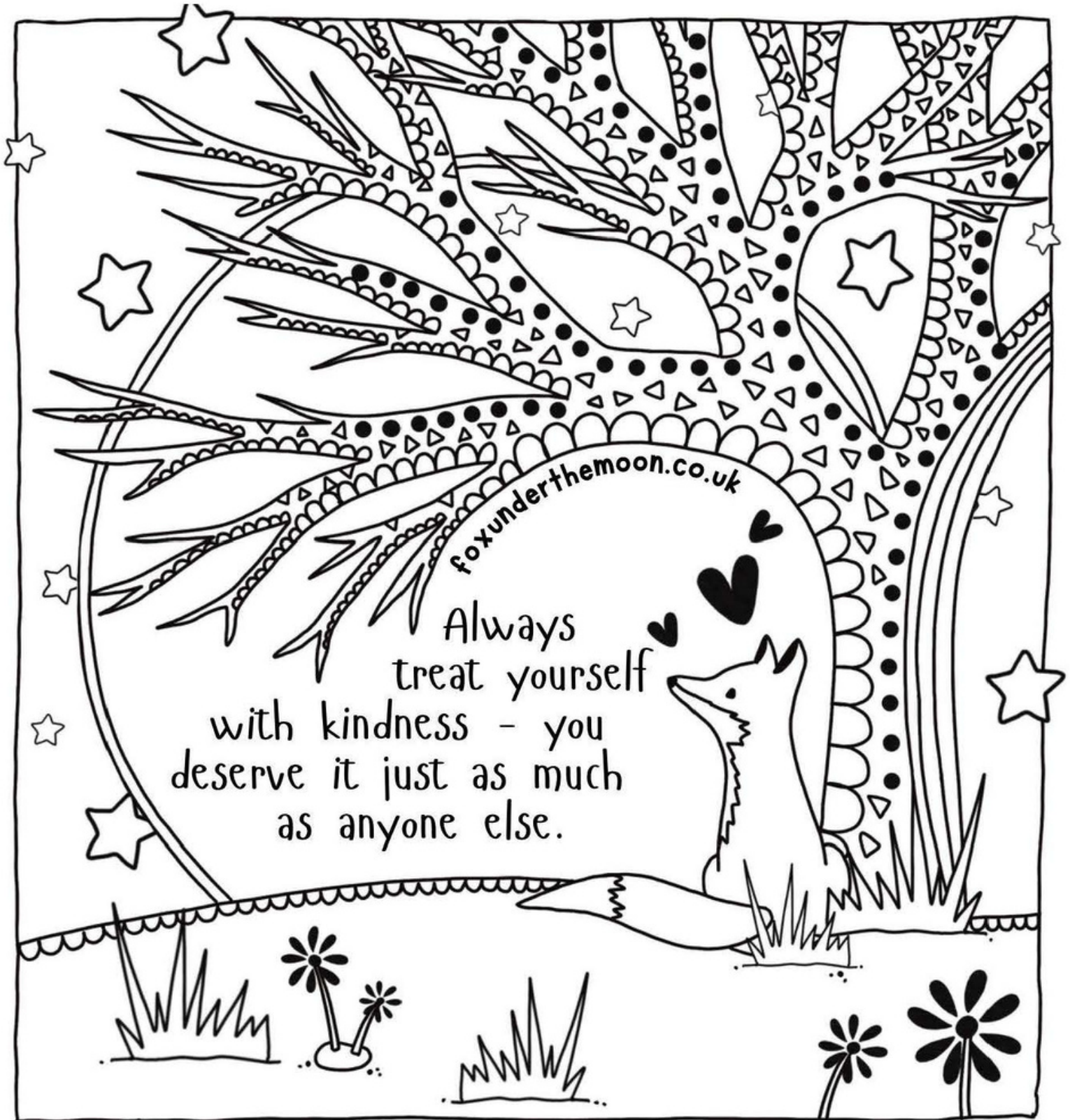
World Book Week
19-25 Aug

2

3



WIDE BAY WOMENS HEALTH CENTRE INC



For books, cards, prints, gifts and wholesale enquiries –
visit: www.foxunderthemoon.co.uk

source: United Nations



Awareness, Belonging, Connection

Connecting for Awareness

Join us for a free and fun community event breaking the stigma around mental health! All ages welcome!

Wednesday, 11 October 2023

**Scarness Park,
Charlton Esplanade**

**Coffee & food
available for
purchase**



Richmond
Fellowship
Queensland

From 5:30am:

Men's Walk and Talk BBQ Brekky from 5:30am, followed by a walk starting at 7:15am

10am to 2pm:

Lucky ticket prizes, crafts, lawn games, storytelling, face painting, plant potting, sound healing and Murri Tukka presentation. Entertainment by The Bus Stop Boys and Joella Dawson.

For more information, please contact Amanda at Richmond Fellowship Queensland on **0417 409 969** or

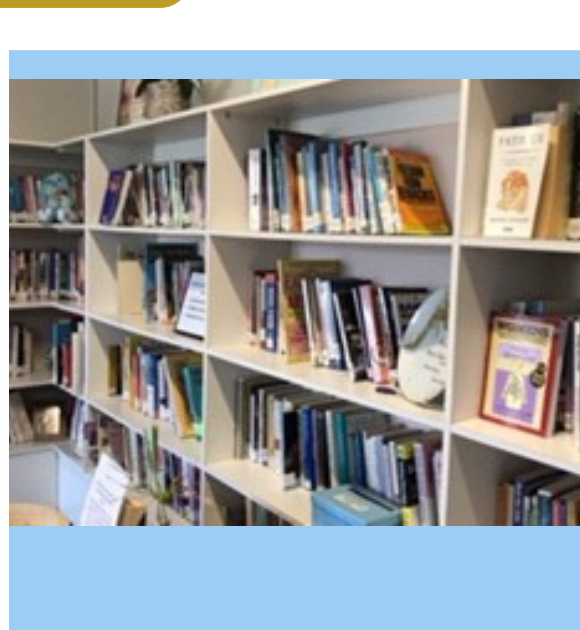
amanda.main@rfq.com.au



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.

WORLD BOOK WEEK 19-25 AUGUST



Book Week 2023 is just around the corner, and it's time to immerse ourselves in a world of stories, imagination, and literary wonders. This annual celebration in Australia is a much-anticipated event that aims to ignite a love of reading amongst us all.

With the theme "Read, Grow, Inspire," this year's Book Week promises to be a remarkable journey through the realms of literature.

What is Book Week 2023 and Why Do We Celebrate It in Australia?

Book Week is an annual event organised by the Children's Book Council of Australia (CBCA) that celebrates the magic of books and promotes a love for reading. It serves as a nationwide reminder of the importance of literature in our lives and the invaluable role it plays in children's development.

By celebrating Book Week, we encourage a vibrant reading culture and create opportunities for children to explore the wonders of storytelling.

Book Week 2023 is scheduled to take place from August 19th (Saturday) to August 25th (Friday), marking a week-long celebration of all things literary. And this year, we'd like to support *everyone* to make the time to read a book. During this exciting period, we encourage you to join our member's library (only \$5 per annum) and browse our extensive collection of educational literature. We have books covering everything from how to manage your anxiety, brain science, to fatigue, managing family dynamics, books on health and wellness, women who run with wolves. and on and on. Our books are a wonderful resource and can help provide support and information for all our community.



RECIPE PAGE



OATS + CHIA CACAO AND COCONUT PORRIDGE

by The Chia Co

INGREDIENTS

2 heaped tbsp quick oats
1 heaped tsp chia seeds
1 heaped tsp coconut sugar
1 heaped tsp desiccated coconut
1/2 heaped tsp cocoa powder
200 ml cold coconut milk
1/2 tsp vanilla extract (optional)

METHOD (2 WAYS)

Hot: Add all ingredients to a bowl and mix well, then heat in microwave for 1 minute.

Remove from microwave and mix then taste. Heat more if needed.

Stir before and after cooking.

Caution - oats will be hot after cooking.

Top with berries or sliced banana and / or crushed nuts.

Cold: prepare the day before and leave overnight (or even just a couple of hours before eating). The oats and chia seeds will soak up all the coconut milk and it will be thick, creamy and ready to eat.



POETS CORNER

HERE'S TO THE FRIENDS

Here's to the friends
who give us grace to cancel the plans we made
when we were a different version of ourselves.

Here's to the friends
who never say *I told you so*
but instead sit down
to hear the entire story
they predicted already.

Here's to the friends
who have our secrets in their pocket
and keep them safely guarded.

Here's to the friends
who show up for the happy and the sad
and see the importance in both.

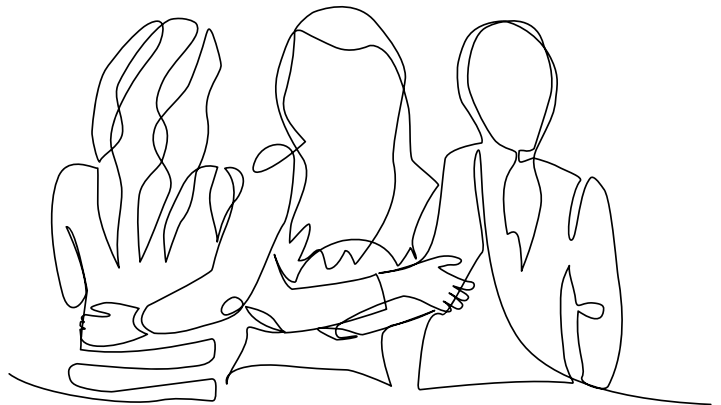
Here's to the friends
we just could not be without
on this rollercoaster ride.

Here's to the friends
who bring in light
when light is scarce.

*Here's to you
and here's to them
we're blessed indeed
to have those friends.*

.

~ ©Donna Ashworth



Wide Bay Fall Prevention Service

Information for consumers, family and carers

The Wide Bay Fall Prevention Service is a pilot project involving Wide Bay Hospital and Health Service (WBHHS), the Queensland Ambulance Service (QAS), the local Primary Health Network (PHN) and the local Neighbourhood Centres.

What's the purpose of the service?

To reduce your risk of repeat falls and improve your health and social wellbeing through comprehensive assessment, access to services, strength and mobility programs and social group support. Our overarching aims are to:

- promote a healthy, active lifestyle
- promote and enhance your independence
- promote social connection
- avoid serious injury and poor health associated with falls

How can you get access to the service?

You can be referred to the Wide Bay Fall Prevention Service through your GP, the QAS or the Emergency Department. If you consent to be referred to the service, your contact information and details about your fall will be provided to WBHHS. A nurse will contact you within 2 working days of receiving the referral to further explain the service benefits and answer any questions you may have.

What can this service do for you?

Options to reduce your risk of another fall may include:

- Strength & mobility training - a 12 week programme
- Short-term restorative care - an 8 week programme
- Social group support - a weekly group exercise programme
- Private non-government providers
- Commonwealth Home Support Programme or Home Care Packages
- Coordination - you may be eligible for extra assistant

Wide Bay Fall Prevention Service

Fraser Coast Email: wbhhs-ics-falls-fc@health.qld.gov.au

Phone: 07) 4325 6191

A photograph of two women, one of Indigenous descent and one of European descent, smiling and looking at a tablet together. The background is a warm, indoor setting.

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

To make an appointment phone:
1300 090 760

The logo for Wide Bay Hospital and Health Service, featuring a rainbow-colored bar above the text.

**Wide Bay Hospital
and Health Service**

The logo for the Queensland Government, featuring the state crest.

**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, 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?

NEW MEMBERSHIP PERIOD COMMENCES 1 JULY - 30 JUNE 2024 - 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



WIDE BAY WOMENS HEALTH CENTRE INC

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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**POSTAGE
PAID
AUSTRALIA**



WIDE BAY WOMENS HEALTH CENTRE INC