



ZENDA FOR THE 21ST CENTURY WOMAN

AUGUST - SEPTEMBER 2024

FOR WOMEN BY WOMEN



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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

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 ALL THE WOMEN WHO HAVE DONATED BOOKS, CLOTHES AND TOILETRIES RECENTLY. THEY HAVE BEEN WELL RECEIVED AMONGST OUR COMMUNITY.

AS USUAL, OUR MOST REQUESTED ITEMS ARE TOILETRIES - STANDARD SIZES OF SHAMPOO, CONDITIONER, DEODORANT, TOOTHBRUSHES AND TOOTHPASTE, FACIAL CLEANSERS, SANITARY PRODUCTS ETC. WE WELCOME ALL CONTRIBUTIONS FOR THE DAYS 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 freetime
- 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

Hi

Thank you for your continued support of our service.

Please drop in and say hi or sit for a cuppa. Make yourself comfortable and enjoy a safe space to relax.



Just a reminder that if you are a member of Wide Bay Women's Health Centre, you will need to renew your membership for the 2024-2025 year or if you are new to the Centre membership only costs \$5 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).

Don't forget the AGM will be held at 5.00pm on the 16 October 2024 at the Centre. A flyer and membership form for the AGM will be sent out to current and previous members soon.

Keep up to date via Facebook for further information on events at the Centre.

Thank you for your continued support.

Lynette

Just a reminder, the Centre closes on the last Friday of each month



Indigenous News with Marj

Galangoor D'Buthbee

Good morning in 'Butchulla' language.

I acknowledge the 'Butchulla' people Traditional Custodians of the land on which I work, travel, play and live. I pay my respects to their Elders, their Ancestors and Future Generations.

Butchulla Lore

Minyang galangoor gu, djaa kalim baya-m
(what is good for the land must come first).

Minyang waa nyinang, waa bunmalee dhama-n
(do not touch or take anything that does not belong to you).

Wangou nyin gamindu biralunbar, nyin wama-n
(if you have plenty, you must share).

Showcasing Success NAIDOC 2024

The NAIDOC Lifetime Achievement Award - **Gina Woodman**



The **NAIDOC Lifetime Achievement Award** is an award for an individual whose dedication has made unwavering meaningful impact in our community. A strong matriarchal leader has worked within the Region for as long as our younger people can remember. She has been and continues to be an advocate for children placed in out of home care, ensuring the children are provided culturally safe care. She has dedicated approximately two decades of her life working within our community and the wider region of Wide Bay. She is currently employed at CQID (Central Queensland Indigenous Development) to provide cultural consultation to the Department of Child Safety. Her work has impacted the lives of many families. Her nomination talks of her impact on and how this individual has advocated for their family over 20 years ago when they were a child, so they were able to live a culturally connected life with all their siblings. Now as an adult and working in community, they witness every single day her dedication to supporting families on 'Butchulla' Country to stay together. She is a loud, proud black advocate who voices worries, intervenes in decision making and protects the Human Rights of our families. She continues to create and update action plans to keep kids safe physically, mentally, emotionally and culturally. She continues to move up further in leadership positions because of her clear dedication and commitment. She is now the Delegate Authority for our community. The role of Delegate Authority is to transform how child protection responses are delivered. To develop culturally safe and responsive way to protect children. The aim is to improve the outcomes for and address the disproportionate representation of Aboriginal and Torres Strait Islander children in the child protection system. She is a great example of Keeping the Fire burning and being Blak, Loud, and Proud all through her person and professional career. She deserves the recognition of this lifelong dedication and to highlight all the outcomes and personal touch she has had on families, that she has supported to stay together, and the families unified. The Recipient of this award is Auntie Gina Woodman. As written by the nominee.



Indigenous News with Marj



The 2024 Fraser Coast NAIDOC Week Committee lead by Shania Spross and her team, in Hervey Bay including Aunty Veronica Bird, Jade, Ashleigh, BNTAC, Maddison PCYC, Sam and Les Raveneau, Kris Miller, provided cultural events and activities that included the Flag Raising at the Hervey Bay Regional Gallery, Ghundus Disco, Annual Golf Day, Family Fun night, Elders Luncheon, and the Annual NAIDOC Ball and Awards Presentations. NAIDOC events were held in Maryborough also with a Deadly Team that included Team Peter & Juanita, Lachlan to name a few, there were many community members who provided cultural learnings, sharing culture for **ALL** in our communities. These activities and events highlighted and showcased Aboriginal and Torres Strait Islander people. These events Celebrated NAIDOC Week – the theme **KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD**.

Congratulations to each person who came together to celebrate and share our culture. The services that sponsored or supported these events such as BNTAC (Butchulla Native Title, BAC Butchulla Aboriginal Corporation, CQID, Galangoor Duwalami Primary Health Care Service, Ka'lang Respite Care Centre, UIH – Elders, MCDATSIC, Maryborough Aboriginal Housing, and Kahwun Wooga). The Fraser Coast Regional Council and other Sponsors, and partners – **NYIN GALANGOOR** **Marj**

NAIDOC WEEK 2024

<p>Thursday 11th July 2024 9am – 10am</p> <p style="text-align: center; color: red;">Maryborough NAIDOC Flag Raising Ceremony</p> <p style="text-align: center; color: red;">Venue: Maryborough Town Hall</p> <p>Friday 12th July 2024 11am – 2:30pm RSVP by 30th June: Ph 4122 4448</p> <p style="text-align: center; color: orange;">NAIDOC Elders Luncheon</p> <p style="text-align: center; color: orange;">Venue: Brolga Theatre</p> <p>Friday 12th July 2024 6pm – 9pm</p> <p style="text-align: center; color: teal;">NAIDOC JUNIOR BALL (13 years and under)</p> <p style="text-align: center; color: teal;">Venue: Brolga Theatre</p> <p style="text-align: center; color: teal;">DRESS CODE FORMAL PRIZES AND SNACKS</p> <p>Sunday 14th July 2024 11am – 3pm</p> <p style="text-align: center; color: teal;">NAIDOC FAMILY FUN DAY Venue: Brothers Sports Field (Queen & Guava Street)</p> <p style="text-align: center; color: red;">FREE RIDES, BBQ & LOTS MORE</p> <p style="text-align: center; color: white; font-size: small;">More Information Contact: KAHWUN WOOGA 4122 4448</p>	
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Sponsors and Stakeholders:





Indigenous News with Marj

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

ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICES -
1800 012 255

BNTAC – BUTCHULLA NATIVE TITLE ABORIGINAL CORP. 4338 7600

BUNDA’S DREAMTIME PLAYGROUP - 1800 171 882

BUTCHULLA ABORIGINAL CORPORATION - 4124 9144

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 / 0498 578 110

UNDERNOO KINDERGARTEN – 4121 5831

www.13yarn.org.au

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

13 YARN

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarnning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for moko who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.

13 92 76

"We're here to help, call us for a yarn"

Culturally Safe Space

Available 24/7 across Australia from any phone

We listen, without judgement or shame

Lifeline
This initiative is funded by the Australian Government, Department of Health

UPCOMING WORKSHOPS IN OCTOBER:

Safe & Savvy:

A six-week course for women on:

Relationship Styles
How to spot a snake
Embracing Change
Boundaries
Health Intimacy

Facilitated by Tanya Barich

Course will be held for 6 weeks from 24th October to 28th November at Wide Bay Women's Health Centre 8 Truro Street Torquay.

**Please call our Centre to book on
4125 5788**



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 recognize boundary violations through developing personal boundaries and identifying women's rights.

**A Shark Cage workshop will be held at our office,
8 Truro Street Torquay on
October 17th, 2024 from 9.30-12.30**

**To reserve a place please call 4125 5788
Numbers are limited so please book ahead.**

WHAT'S ON

August 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
			1	2	3	4 
5	6	7	8	9  	10	11
12 	13	14	15	16	17 Children's book week 17-23 August 2024	18
					24	25
26	27	28	29	30	31	

WHAT'S ON

September 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
						1 
					7	8
9	10	11	12	13	14 School holidays 14/9-29/9	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Altruistic August 2024



MONDAY



5 Spend time wishing for other people to be happy and well

TUESDAY



6 Smile and be friendly to the people you see today

WEDNESDAY



7 Give time to help a project or cause you care about

THURSDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

FRIDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

SATURDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

SUNDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause

13 No plans day! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need



Happier · Kinder · Together

ACTION FOR HAPPINESS

FRASER COAST DISASTER PLAN

DISASTER MANAGEMENT - WHAT'S YOUR PLAN?

At various times of the year, QLD can experience the effects of severe weather events including bush fire, flood, and in summer, tropical cyclone activity. The following information is to assist with preparedness activities prior to any pending season.

Fraser Coast Regional Council: <https://www.frasercoast.qld.gov.au/disaster-management>

Bundaberg Regional Council: <https://www.bundaberg.qld.gov.au/disaster-management>

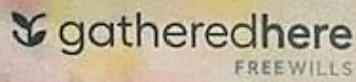
Gympie Regional Council: Dashboard (gympie.qld.gov.au)

USEFUL LINKS AND PHONE NUMBERS:

[HTTP://WWW.QLD.GOV.AU/COMMUNITY/DISASTERS-EMERGENCIES/](http://www.qld.gov.au/community/disasters-emergencies/)

- Get Ready - www.getready.qld.gov.au
- ABC Wide Bay - www.abc.net.au/widebay
- Bureau of Meteorology - Australia's official weather forecasts & weather radar - Bureau of meteorology (bom.gov.au)
- Disaster Queensland - www.disaster.qld.gov.au
- Qld Rural Fire - www.ruralfire.qld.gov.au
- 131940 Road Information - 131940.qld.gov.au
- Queensland Reconstruction Authority - qldreconstruction.org.au
- Get your business storm ready - www.cciq.com.au/stormseason
- Ergon Energy <https://www.ergon.com.au/network/safety/incidents-and-emergencies/keeping-safe-in-severe-weather>
For general enquiries 13 74 66 for emergencies 13 16 70 (24 hours a day), Interpreter Service 13 74 76 7am – 5pm
- Police link-non urgent reporting and enquiries:
https://www.police.qld.gov.au/reporting_or_call_131_444
- Emergencies (Fire, Ambulance, Police, 000)
- DV Connect Women's line 1800 811 811
- DV Connect Mensline 1800 600 636
- 1800 Respect 1800 737 732
- Sexual Assault Helpline 1800 010 120
- Kids Helpline 1800 551 800
- Lifeline 13 11 14





**Write your Will online
for free.**

**Leave a gift to
Lifeline to help
save lives
in future
generations.**



lifeline.org.au/thesenior

1800 800 768

LIBRARY NEWS

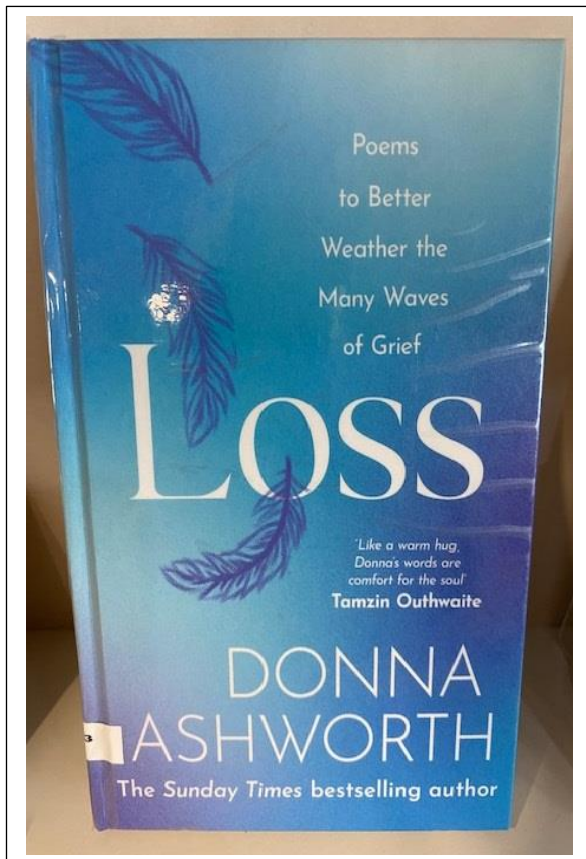
Each newsletter we feature a book from our wonderful library, which has an extensive selection of books covering a broad range of issues ~ from ageing well, to good gut health, managing kids, husbands, loss, hormones and finding your inner Zen.

All on loan for our members, so pop in, sign up, and have a browse.

Title: LOSS - Poems to Better Weather the Many Waves of Grief

Author: Donna Ashworth

Publisher: Black & White Publishing



“Words carry what they are, and poetry is not just for literary minded poetry buffs, it can be used in so many ways to simply ease the rub of this life – a balm if you like. I hope you will find comfort and new perspectives in my books as well as some things you already knew but had perhaps forgotten along the way. It’s a rocky ride, this world, and I like to think poetically arranged words are like medicine for soul-flu. A hug on a page. A glimmer in the grey. A reminder that even in the worst of times there is hope, there is light and there are others who have been where you are”

Donna Ashworth is a Sunday Times bestselling author and poet who is known for her motivational content for mental and emotional health.

Website: www.donnaashworth.com

RECIPE PAGE

Healthy Meatloaf

Ingredients (11)

- 500g extra lean **beef mince**
- 1 cup fresh wholemeal breadcrumbs
- 1 small brown onion, grated
- 1 carrot, peeled, coarsely grated
- 2 tbsp tomato sauce
- 2 tbsp flat-leaf parsley leaves, chopped
- 1 egg, lightly beaten
- 1/4 cup barbecue sauce
- 8 chat potatoes, halved
- 1 bunch carrots, peeled, trimmed
- 150g green beans, trimmed

Step 1:

Preheat oven to 180°C. Line a baking tray with baking paper. Place mince, breadcrumbs, onion, carrot, tomato sauce, parsley and egg in a large bowl. Season with salt and pepper. Using clean hands, mix until well combined.

Step 2:

Shape mince into a 10cm x 18cm rectangle. Place on prepared tray. Bake for 25 to 30 minutes or until firm to touch. Remove from oven. Drain excess fat.

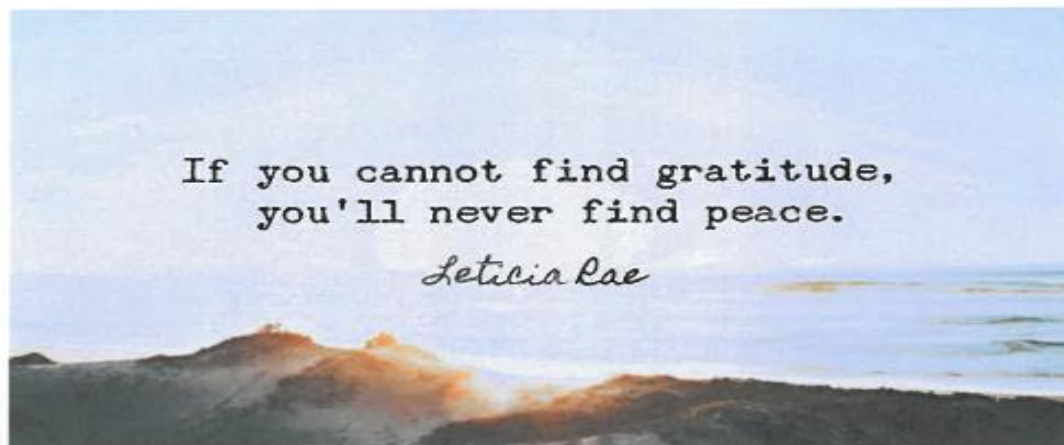
Step 3:

Spoon barbecue sauce over top of meatloaf. Return to oven and cook for a further 10 minutes or until top is glazed. Stand on tray for 5 minutes.

Step 4:

Meanwhile, place potato, carrot and beans in separate microwave-safe plastic bags. Twist tops to seal. Microwave each on HIGH (100%) for 1 1/2 to 2 minutes or until almost tender. Slice meatloaf. Serve with vegetables.





Living with Gratitude grounds me. There is always something to be grateful for, we must look and find it is there,

I am grateful to have eyes to see, sunset, sunrise, beach, movies, surroundings, partner, parents, children and birth of a new borne,

Ears to listen, hear your story, sound of waves and music,

Nose to smell beautiful scents of flowers, cooking, food, ocean, fresh cut grass, rain, new borne babies and perfumes,

Mouth to taste, talk, say 'I love you', sing and smile.



MULTICULTURAL FAIR

BARGARA CULTURAL CENTRE

180 HUGHES ROAD, BARGARA

Saturday, 17 August 2024

10:00am to 2:00pm

Join us for an unforgettable day of celebrating our many cultures through food, dance and entertainment.

Flash Mob Dance

Speed language lessons

Various activities including stalls, crafts, costumes, entertainment and much more!



Traditional
Food



Traditional
Clothing



Live
Entertainment

4153 1614

info@bundabergneighbourhoodcentre.org.au



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 24 Hours, 7 Days

State-wide Sexual Assault Helpline

1800 010 120

7.30am to 11.30pm 7 days

www.dvconnect.org

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.

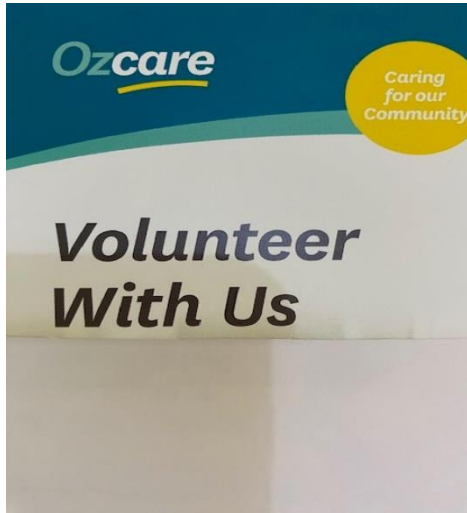
Our services are non-judgmental, and we offer referrals for abortion, adoption and parenting.

Free and Confidential
Call 1800 177 725

HAVE YOU RENEWED YOUR MEMBERSHIP?

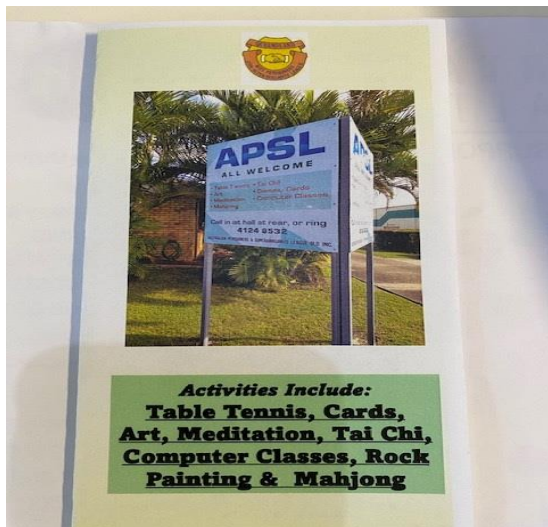
We have a new membership period. It is from **1 July 2024 - 30 June 2025** - please check your current membership. Membership fees help to fund our Centre activities, so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. This will allow you continued access to our library and a copy of our wonderful bi-monthly newsletter. **Annual membership only \$5.00**

ADVERTISING OTHER SERVICES



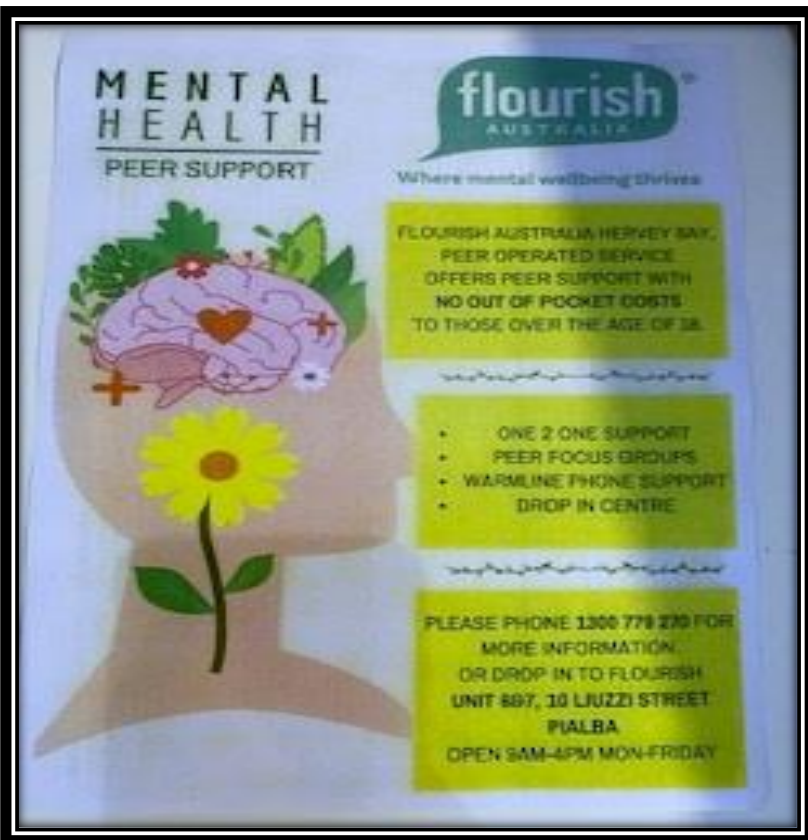
Ozcare has been supporting Queenslanders for over 25 years with a range of aged care, retirement, hospital, disability care, respite care, nursing, allied health, and dementia advisory and support services.

They are currently looking for volunteers. If you are interested, please call them on 1800 692 273.



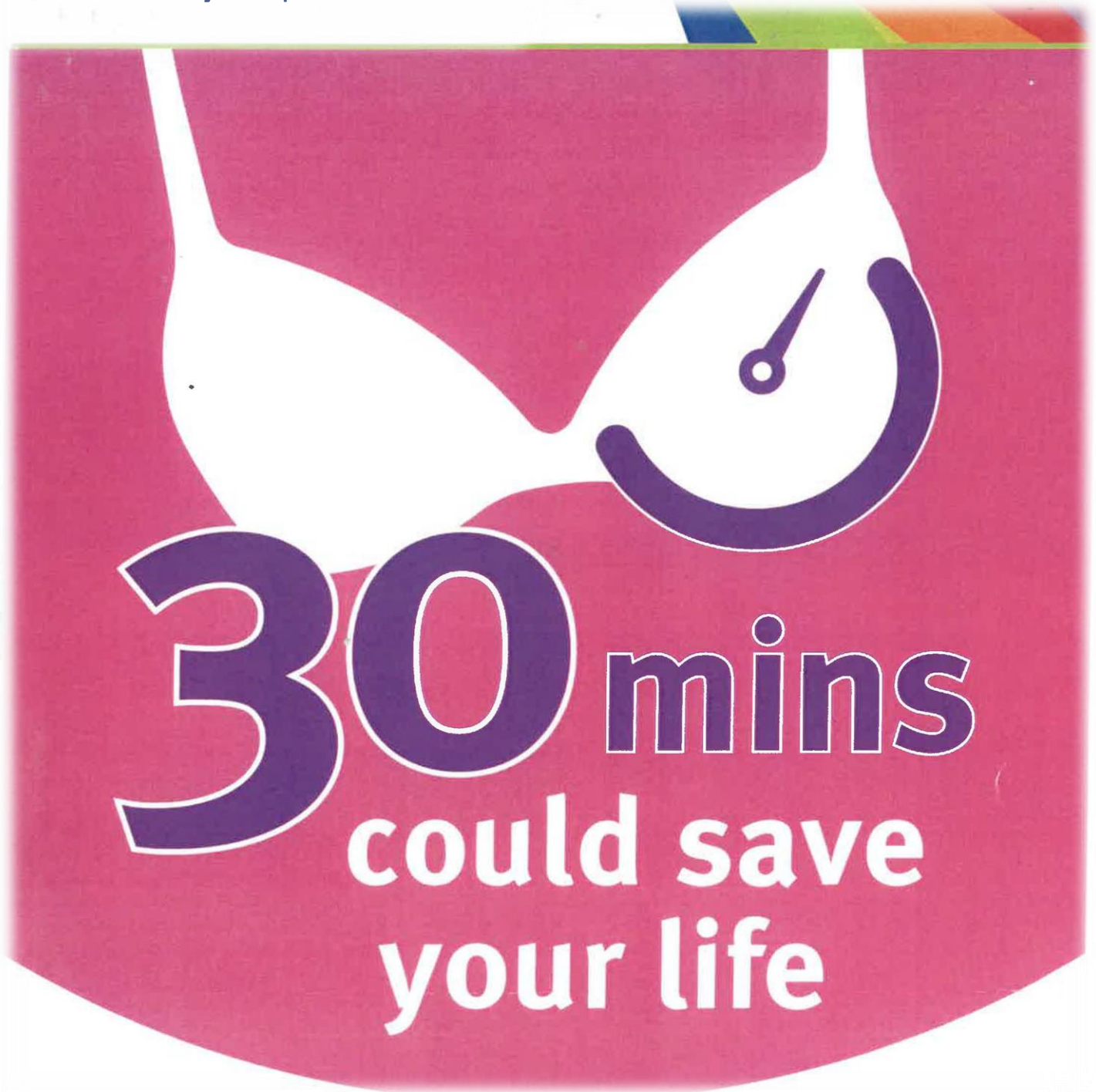
Hervey Bay APSL - Australian Pensioners' and Superannuants League is a community-based organisation for the over 40's focusing on social and sporting activities.

Phone 07 4124 8532



1300 100 247

In your own home, on your own terms.



BreastScreen Queensland

Book your FREE breastscan at breastscreen.qld.gov.au
or call 13 20 50

**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/Maryborough	4122 8733
Community Rental Group	4124 1183
DV Connect	1800 811 811
Gambling Helpline	1800 222 050
Wide Bay Sexual Assault	4194 5230
Hospital Hervey Bay	4325 6666
Kids Helpline	1800 551 800
Wide Bay Burnett Comm. Legal Services	4194 2663
Legal Aid	1300 651 188
Lifeline	13 11 14
Narcotics Anonymous	4123 6738
National Debt Hotline	1800 007 007
Neighbourhood Centre HB	4194 3000
Neighbourhood Centre Maryborough	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 4838
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
Yarn	13 92 76

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.*

Opening Hours:

*Monday, Wednesday and Thursday 9.00am - 5.00pm
Tuesday: 9.30am - 5.00pm
Friday: 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.

****PLEASE NOTE WE DO NOT PROVIDE ANY MEDICAL SERVICES****

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

The Wide Bay Women's Health Centre Inc. has made every effort to ensure the 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
PO Box 5003,
TORQUAY QLD 4655**

**PRINT
POST
100005264**

**POSTAGE
PAID
AUSTRALIA**

Zenda
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