



ZENDA FOR THE 21ST CENTURY WOMAN

OCTOBER-DECEMBER 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 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

Hi,

Thank you for all your support throughout the year. As we are nearing the end of 2024 the service will be holding their Annual General Meeting (AGM) on 16 October at the Centre commencing at 5.00pm. All current financial members can vote, if required and anyone can attend the AGM.

If you haven't renewed your membership please see Jenny in reception, it costs \$5 to be a member. If you are not yet a member, complete a membership form and get the benefit of being able to borrow books from our library, receive this wonderful newsletter and voting rights at our AGM (if required).

I would also like to congratulate our wonderful Women's Community Support Worker, Henny Duxbury, who graduated this week as a Social Worker. Henny was originally a student at WBWHC when studying for her degree and we couldn't let her leave so offered her a 2-day week position at the Centre. Henny has been a great support at the Centre working alongside Marj with the Women's Yarning Circle. Henny will always help where needed. She has supported our reception staff and filled in when required and goes above and beyond her usual role description. Henny is a pleasure to work with and we are happy to have her on our team. Congratulations again Henny on all your hard work towards your Social Work degree.



Keep up to date via Facebook for further information on events at the centre. October is Sexual Violence Awareness Month and on the 25 October the Fraser Coast Domestic and Family Violence Alliance group will be holding a 'Reclaim the Night' March for women and children from Seafront Oval to Scarness Park Rotunda commencing at 5.30 for 6.00pm March. Please check the [Fraser Coast Domestic & Family Violence Alliance](#) Facebook page for details.

We also have our end of year celebration on the 5 December at Scarness Park Rotunda. A flyer will be sent out within the next few weeks. Look forward to seeing you all there again.

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 would like to acknowledge and pay my respects to our "Butchulla" Elders and Leaders, past, present and emerging, whose country we live, walk, work and play on.

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

Women's Yarning Circle on 'Butchulla' Country

Our Women's Yarning Circle continues to grow and glow shining brightly week after week with a minimum of 25 women coming together every week to support each other in weaving circle and or arts/craft circle or just being together. Friendships, connections and much more happen every week at our Yarning Circle.

R U OK Day - A Conversation that could change a life

On Thursday 12th September we hosted a day with women's Yarning Circle to bring awareness around mental health, starting a conversation that could change a life. R U OK? is a national suicide prevention charity and registered public health promotion that encourages people to stay connected and have yarns that can help others through difficult times. R U OK? People are connected: People are connected, have a sense of belonging and so are more likely to reach out for help when they are struggling with life. People are protected from suicide: People who are struggling with life are supported by the people around them. The mission is to inspire and empower people to meaningfully connect with those in their world and lend support when they are struggling with life.



Are your mob, your way, R U OK? Because we are #STRONGER together

Special acknowledgement and appreciation to Kev Heath, Aunty Jan Williams nephew, who is a strong 'Butchulla' leader, who lives in New South Wales with his wife and family. Kev is an Ambassador for R U OK? He recently visited Hervey Bay and came to Yarning Circle to share some of his story and words of wisdom. Kev sent resources to us to promote R U OK? day that included bucket hats, t-shirts, bags, and a Stronger Together Yarning Circle mat. On behalf of us we would like to thank you the resources provided created yarns, awareness of this amazing national initiative.



Congratulations

Henrica Duxbury has graduated with a Bachelor of Social Work, from the University of Sunshine Coast. What an achievement, one of passion, dedication, and commitment to complete your degree. We are all so proud of you. An amazing inspiring, kind woman who is a trail blazer on the journey of social justice for all. Being a Social Worker is Heart Work. I appreciate and acknowledge everything you do, my right hand, with our Women's Yarning circle on 'Butchulla' Country. From organising food, arts/crafts to making hearts for the 1000 Hearts Kindness Project using your own shirts to make these beautiful gifts that touch the hearts of many when received.

Nyin Galangoor

Marj



Indigenous News with Marj

Women's Yarning Circle at the Beach 29th August 2024

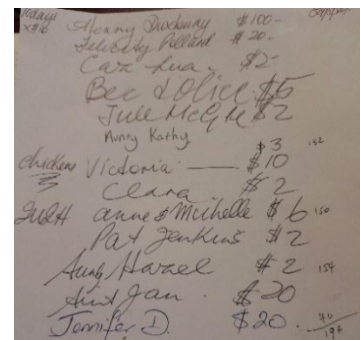
We had 25 attendees at our circle today. Craft was on the agenda as usual, weaving, making hearts, Lego with Jenni, and Sam set up an array of crafty tasks for the women to try, while Deb Skye presented EFT Tapping with a select group in a quiet space.

The smell of the BBQ was already in the air at the start of the gathering as people arrived and settled in. The food table was filling up, a variety of fruit, cakes, muffins biscuits and lollies.

The conversations from each of the tables blended into one, everyone was engaged, lots of laughter. We broke the chatter to make the Acknowledgement and to have a minute silence for Sister Lena Jane Reilly loved by her community who will be dearly missed by many.

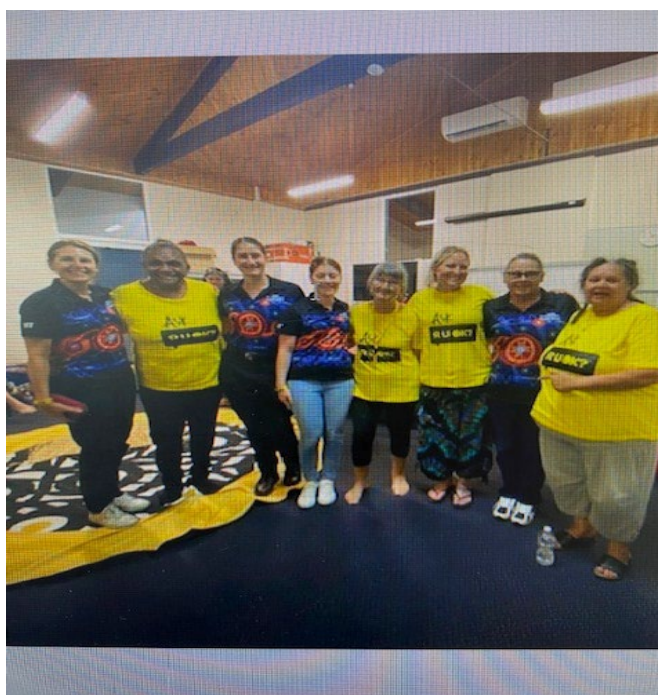
Aunty Marj then announced two birthdays, our Deb – extraordinaire and our newbie Kara.

The group were then challenged to come for a swim on behalf of Daffodil Day – Cancer Council.



There were a few that joined Henny for her 10th Dip to brave the warm waters of Hervey Bay. Bless those who donated a gold coin or the paper notes, and all in all we raised \$194.00 which was rounded off to \$200.00. Thanks to all of you for your kindness in donating to my fundraising goal.

Love Henny





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

KALÁNG RESPITE CARE CENTRE – 4124 7780

KAHWUN WOOGA ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION:
FOR COMMUNITY DEVELOP. – 4123 5910
POLICE LIAISON OFFICERS – 4128 5333

MOONABOOLA COMMUNITY DEVELOPMENT ATSI CORPORATION – 4114 1908

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

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

13 92 76

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 yarning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob 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.

Culturally Safe Space

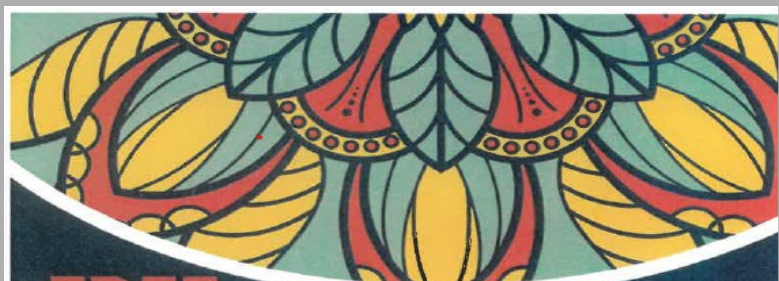
Available 24/7 across Australia from any phone

We listen, without judgement or shame

© Lifeline

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

13 Yarn is a registered trademark of Lifeline Australia. This service has been developed in collaboration with Gija Gija.



FREE 12-18s
8-week Youth Art Program
Mandala Design
 2nd November-21st December
 Saturdays 10am-12pm
@ The HBNC



Join us for a creative journey into 'Mandala Design', this beautiful art form is also a practice in mindfulness with lots of mental health benefits.

This in depth course will guide you step by step through the process of designing your own Mandala artworks.



0493523821

sophiartclass@gmail.com



FREE 18-25s
8-week Youth Art Program
Mandala Design
 2nd November-21st December
 Saturdays 1pm-3pm
@ The HBNC



Join us for a creative journey into 'Mandala Design', this beautiful art form is also a practice in mindfulness with lots of mental health benefits.

This in depth course will guide you step by step through the process of designing your own Mandala artworks.



0493523821

sophiartclass@gmail.com



Adult class
FREE 8-WEEK ART PROGRAM
Mandala Design
 29th October- 17th December
 Tuesdays 3PM-5PM
@ The HBNC



Join us for a creative journey into 'Mandala Design', this beautiful art form is also a practice in mindfulness with lots of mental health benefits.

This in depth course will guide you step by step through the process of designing your own Mandala artworks.



0493523821

sophiartclass@gmail.com





mandalas
for
mindfulness



Contact Us:

sophiartclass@gmail.com
0493523821

Find us on facebook
'Mandalas for Mindfulness'



From &
PLANT
to **PLATE**

Alisha Sorensen
Local Butchulla Artist

WHERE CAN I FIND
MORE INFORMATION?



Pop into any Fraser Coast library branch - see staff for assistance, borrow gardening magazines, books, DVDs and eResources.

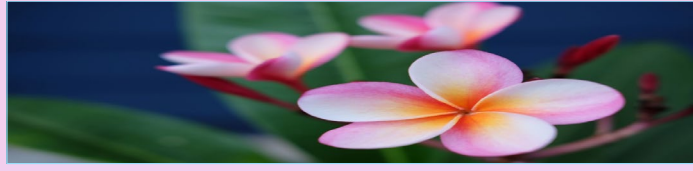
Our website is sprouting ideas to help grow your knowledge and your garden.

Scan the QR Code:



or go to:
www.frasercoast.qld.gov.au/seedlibrary

UPCOMING WORKSHOP 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

October is Sexual Violence Awareness Month

**RECLAIM
THE NIGHT
HERVEY BAY**
END VIOLENCE
AGAINST WOMEN
25TH OCTOBER

CALLING ALL
WOMEN OF
THE FRASER
COAST TO
MEET
TOGETHER
AND MARCH
ON FRIDAY
25TH OCTOBER

5:30pm Seafront Oval to the
Scarness Rotunda

FRASER COAST
DOMESTIC & FAMILY VIOLENCE ALLIANCE

WHAT'S ON

OCTOBER 2024

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|-----------|--|---------------------|--|---|---|-----------|
| | 1 Queensland Seniors Month 1 st – 31 st October 2024 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 A.G.M. | 17  Shark Cage Workshop | 18 | 19 Children's Week 19-27  | 20 |
| 21 | 22 Women's Circle Menstrual & Perimenopause learning circle. 10.00am ~ 12.30pm | 23 | 24  Safe & Savvy Workshop – 6-week course from today | 25 Reclaim the Night – March from Seafront Oval to Scarness. Commencing at 5.30 p.m. | 26 | 27 |
| 28 | 29 | 30 | 31  HALLOWEEN | | | |




WHAT'S ON

NOVEMBER 2024

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|--|--|---|---|-----|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5  | 6 | 7 | 8 | 9 | 10 |
| 11  11.00 A.M. | 12 | 13  | 14  | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25  | 26 | 27 | 28 | 29 | 30 | |

WHAT'S ON

DECEMBER 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 | 18 | 19 | 20 Christmas Closure today, returning 6/01/2025 | 21 | 22 |
| 23 | 24 | 25 Merry Xmas  | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

YOU ARE INVITED TO OUR


Christmas
PARTY

5 December 2024

11.00 a.m. – 1.30 p.m.

FINGER FOOD & LUCKY NO. PRIZES

**BEING HELD AT THE SCARNESS ROTUNDA
ESPLANADE, SCARNESS
(OPPOSITE THE BEACH HOUSE HOTEL)**

CALL US TO BOOK ON 41255 788



Self-Care September 2024

SUNDAY

1 Find time for self-care. It's not selfish, it's essential.

MONDAY

2 Notice the things you do well, however small.

TUESDAY

3 Let go of self-criticism and speak to yourself kindly.

WEDNESDAY

4 Plan a fun or relaxing activity and make time for it.

THURSDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes.

FRIDAY

6 Focus on the basics: eat well, exercise and go to bed on time.

SATURDAY

7 Give yourself permission to say 'no'.

8 Be willing to share how you feel and ask for help when needed.

9 Aim to be good enough, rather than perfect.

10 When you find things hard, remember it's ok not to be ok.

11 Make time to do something you really enjoy.

12 Get active outside and give your mind and body a natural boost.

13 Be as kind to yourself as you would to a loved one.

14 If you're busy, allow yourself to pause and take a break.

15 Find a calming phrase to use when you feel low.

16 Leave positive messages for yourself to see regularly.

17 No plans day. Make time to slow down and be kind to yourself.

18 Ask a trusted friend to tell you what strengths they see in you.

19 Notice what you are feeling without any judgement.

20 Enjoy photos from a time with happy memories.

21 Don't compare how you feel inside to how others appear outside.

22 Take your time. Make space to just breathe and be still.

23 Let go of other people's expectations of you.

24 Accept yourself and remember that you are worthy of love.

25 Avoid saying 'I should' and make time to do nothing.

26 Find a new way to use one of your strengths or talents.

27 Free up time by cancelling any unnecessary plans.

28 Chase to see your mistakes as steps to help you learn.

29 Write down three things you appreciate about yourself.

30 Remind yourself that you are enough, just as you are.

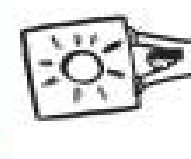
31

32

33

34

35



ACTION FOR HAPPINESS

Happier · Kinder · Together



Your Natural Soul

by Clare Dubois

Whether or not you know that you are beautiful,
the flowers gaze at you whenever you walk by.

When your heart feels like stone and you've lost sight
of the gifts being given, you are still held by the earth beneath you
and kissed by the breath of the trees.

When you've convinced yourself that you're hopeless
and that you simply can't fulfill the role that "you were born here to play,"
the sky is still whispering your name and the stars are waiting for their chance to sing to you.
You are wanted here.

You are part of this creation.

Let your hurts melt away in the waves

Let your cries be carried by the birds.

Earth, air, fire and water are the truth of you and when you drop the veil
and open to the greater You, you will find your fullness in the valleys and the groves and
"bow again to the sacred altar of your natural soul."

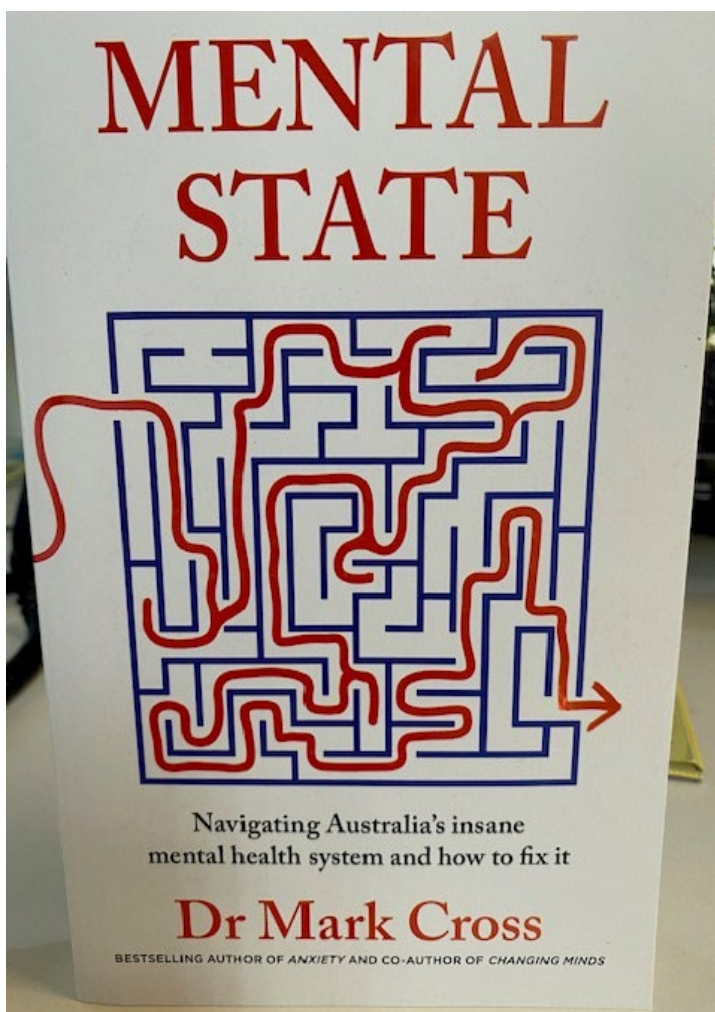


LIBRARY NEWS

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: MENTAL STATE
Author: Dr Mark Cross
Publisher: Harper Collins



Doctor Mark Cross MBChB, MRCPsych(UK), FRANZCP is a consultant psychiatrist with clinical experience spanning three decades. He was the lead psychiatrist on two series of the ground-breaking ABC series.

Changing Minds.

His latest book Mental State, navigating Australia's insane mental health system and how to fix is published on 31st July 2024.

He's already the best-selling author of two books, appears regularly in the media and is the founder of The Anxious Shrink on Facebook, which has reached around a million people - it's anxiety advice that won't make you more anxious.

RECIPE PAGE



Canape

This is simple, quick and healthy to make as canapes for parties or just a snack for yourself as a treat.

INGREDIENTS:

2 large cucumbers
Cut prawns in half lengthways or use small slices of salmon
Philadelphia cheese

Optional item: Small dollop of caviar

Method:

Slice the cucumber, add Philadelphia cheese, prawns or salmon & lastly caviar.

YUM, SIMPLE, HEALTHY & EASY – ENJOY!

Verneice



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



Wide Bay Burnett
Community Legal Service



A community legal service, managed by the HBNC, which aims to address disadvantage across the Fraser Coast, Gympie, Bundaberg and North Burnett regions through the provision of free, quality legal advice. Service delivery includes free legal advice, referral and education.

Website: <https://wbbcls.com.au/>
Phone Number: 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?

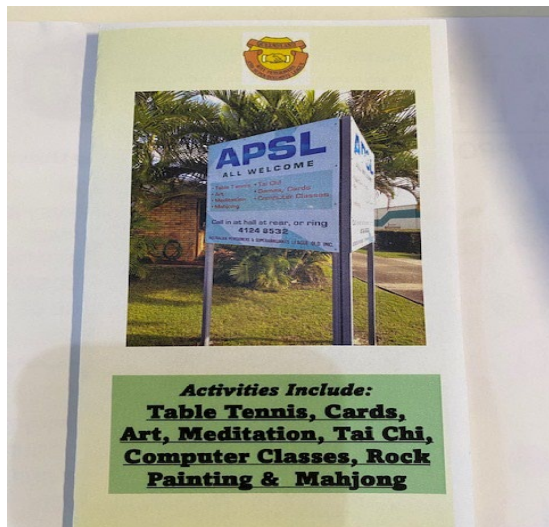
We have a new membership period. It is from **1 July 2024 - 30 June 2025** - please check your current membership. Membership fees help to fund our Centre activities, so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. This will allow you continued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

ADVERTISING OTHER SERVICES



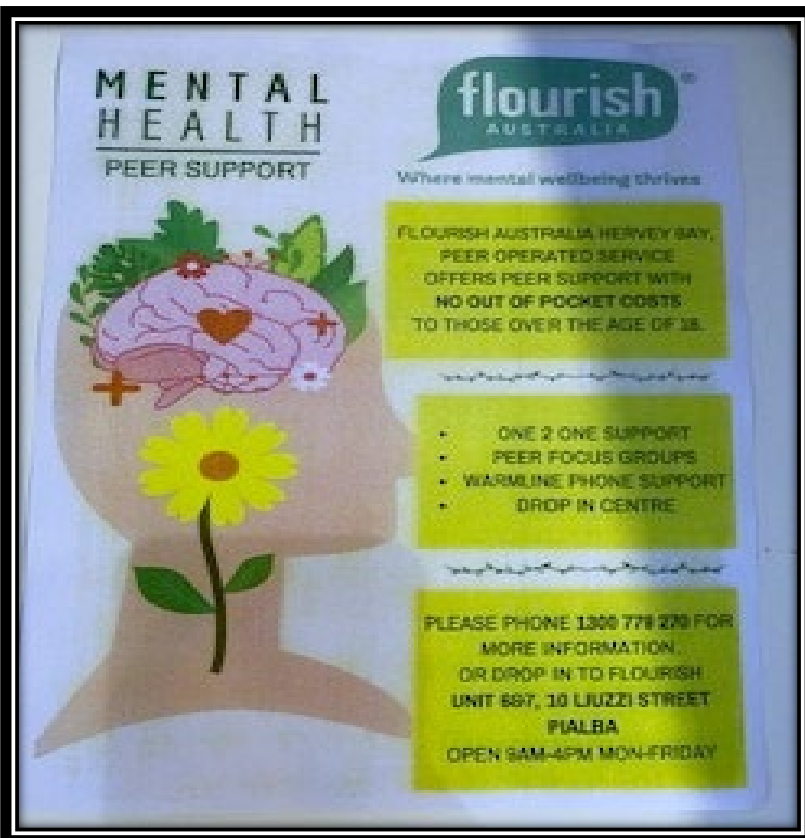
Ozcare has been supporting Queenslanders for over 25 years with a range of aged care, retirement, hospital, disability care, respite care, nursing, allied health, and dementia advisory and support services.

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.**



Wide Bay Women's Health Centre Inc.

womans circle



The Menstrual Cycle & Perimenopause



A warm invitation for you to join me in this woman's sharing and learning circle. We will explore female anatomy, The Menstrual cycle and break down each phase as well as the hormones that ebb and flow along with the menstrual cycle phases too. We get to have open, honest conversations, and a safe space to ask questions or share curiosities.

We get to learn more about what Perimenopause is and the hormonal shifts involved, deepening our own awareness to potential symptoms but also exploring this powerful phase of a woman's life and the gifts that can be offered at this time too.

who is this workshop held by?



Arina-Rose Te Awe Awe
Owner of R&R Balance – Go with your flow

Hello, Kia ora my name is Arina. I am a proud wahine maori from Aotearoa New Zealand with a deep passion and love for all things woman's business. I am a menstrual educator facilitator and a menstrual cycle coach with a particular focus on the rites of passage for preteen girls moving into their menstruating journey and for that woman's rite of passage of transitioning out.

I hold preteen Period Prepared workshops for girl & their adult to explore and learn about female anatomy, puberty, the menstrual cycle, hormones and of course learn all about menstruation awareness and care, from learning the signs of the onset of menstruation to how to use & dispose of menstrual products safely. I hold these in groups but also in 1:1 capacities too.

As a menstrual cycle coach, I work with woman between 3 – 6 months. We take a deep dive into their unique menstrual experience and co-create sustainable ways to really honouring their bodies communications and callings. I work as a guide for my clients to really come home to their feminine truths and live with deeper self care and love for living in a female body.

Arina - 0497990717
info@rrbalance.com
www.randrbalance.com

Follow R&R Balance
FB @rrbalance88
IG @rrbalance88

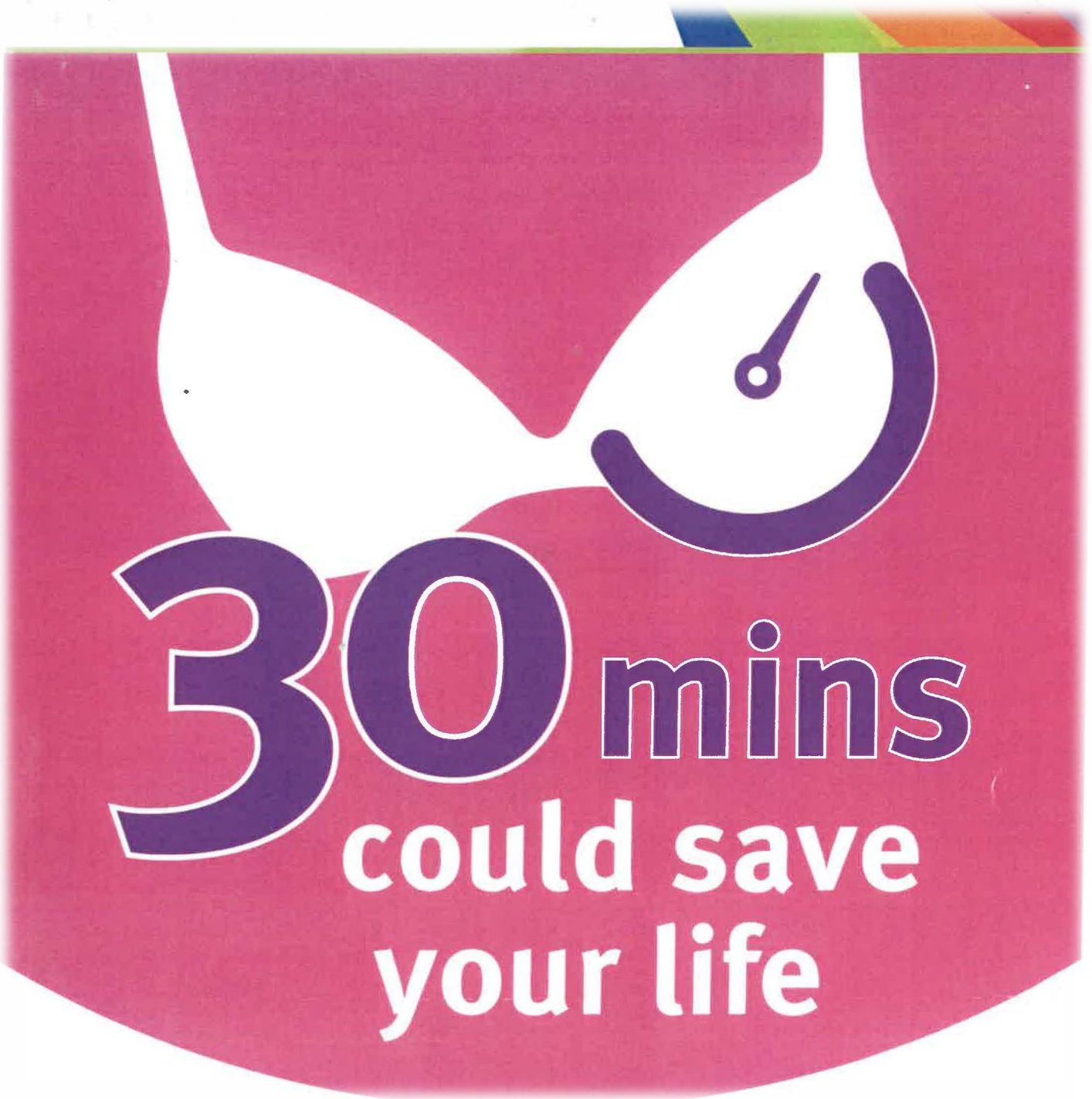
Thanks to the Australian Government Department of social services and social shift I am able to offer a "Period Positive" workshop at a very reduced price.

BOOKING INFORMATION

Date: Tuesday 22nd October
Time: 10am - 12.30pm
Where: Wide Bay Woman's Health Centre
8 Truro Street Torquay
Hervey Bay, Qld 4655

Please get in touch with Wide Bay Womens Health 41255788
email: info@wbwhc.org.au

 Wide Bay Women's Health Centre Inc



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:
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PO Box 5003,
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