



ZENDA FOR THE 21ST CENTURY WOMAN

JANUARY – MARCH 2025

FOR WOMEN BY WOMEN



Inside

BILL OF RIGHTS FOR WOMEN	2
FROM THE MANAGER	3
INDIGENOUS NEWS (includes upcoming events)	4-8
CALENDAR – JANUARY-MARCH	9-11
POETRY	12 - 13
LIBRARY NEWS	14
RECIPE PAGE	15
NOTICE BOARD & CONTACT NUMBERS	16 - 20

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,

Welcome to our ZENDA in 2025. I hope everyone had a safe Christmas and New Year.

The centre has been busy since opening on the 6 January and we have commenced in the first week with a new workshop which was filled by the end of 2024.

Yarning Circle will be commencing in February. Keep an eye on the venue as they can change each week.

There will be further workshops throughout the next few months of the year, and they will be on our Facebook page and in our newsletter.

I would like to introduce you to our new staff member, Trish who will be working Tuesday and Thursday in reception. Jenny will be undertaking some new duties including accounts and payroll so Trish will be working in reception whilst Jenny is busy in her other role.

Thank you to all our clients, members, Management Committee and volunteers. We are looking forward to seeing you all in 2025.

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

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).

2025 is the Jubilee Year of HOPE

It is also going to be my last year in my position at Wide Bay Women's Health Centre Inc. What an amazing journey, 25 years working at the Centre, a quarter of a century. It seems like it was only yesterday when I started as a Trainee Aboriginal Health Worker, went to University of New England - Diploma of Aboriginal Family & Community Counselling, as well as attending and completing many other certificates in different areas, working with People with Disabilities, Drug & Alcohol.

My position at the Centre has changed with the times, I have worn many hats during my time, and the one I love is connecting circles, co-ordinating our Women's Yarning Circle on 'Butchulla' Country, Social butterfly Sisters Walking Group and Indigenous Women's Cultural Healing Camps held at Susan River Homestead.

I have had the honour of walking side by side with 'Butchulla' Elders, Leaders, women and families as well as all other women and families who live, walk, work and play on 'Butchulla' Country. Each woman, and young girl that I have had the honour to share space with over this time has been a privilege for me professionally and personally. The changes that I have seen within our community over this time has been extraordinary with the recognition of Butchulla Native Title, our own Aboriginal community-controlled organisations/services that we now have on the Fraser Coast is to be showcased and embraced by each and everyone. The trailblazers before us who continued to have a voice so that we could have our own people working in our own community-controlled organisations, where our people are in management positions, and all other positions with a passion and vision to Close the GAP.

My passion has always been to ensure our Aboriginal, Torres Strait and South Sea Islander women and young girls are able to access all services in a culturally safe, respectful way whenever supports, or assistance is required.

I am a voice for social justice, with a passion and commitment to have a say for our families and community in a system that is as I say a square. We are circle people living in a square world, a broken system that just does not embrace cultural differences. The year of HOPE gives me hope that one day, one day all the people of Australia will open their hearts and just be KIND.

I am going bush to Ballandean, near Stanthorpe, where my sister and her husband have built a Marj's cottage, so that I can write my story, that begins with my mum and dad, and their parents, great grandparents, researching as far as I can so I can pass this cultural knowledge to my children, grandchildren and great grandchildren. Our future, our leaders.

My family, children and grandchildren live in the bay, I will be back visiting family, Butterfly sisters, and friends. I am blessed to have so many friendships/connections since I have lived in Hervey Bay.

I will miss my family, friends, and work colleagues, and the Bay however my dream is to write my story. That dream has turned into many book/s probably be a series by the time I finish it. This dream has been in the works for many years, and Marj's cottage in the bush is the perfect place to focus on my dream. My life has been a never-ending story, one that I am grateful and blessed to have lived and survived I am who I am today, because of where I come from and that is the good, bad and ugly – My Story My LIFE.

Nyin Galangoor Marj



Indigenous News with Mari

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

Queensland Government

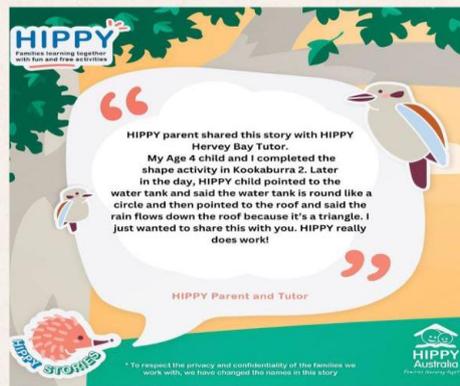


HIPPY AGE 3 (1ST YEAR)

- Total of 15 HIPPY activity packs & 7 HIPPY story books.
- You receive 1 new pack when you meet with your tutor once a fortnight.
- You're invited to fortnightly gatherings which include- fun play-based activities, morning tea, parent enrichment session.

HIPPY AGE 4 (2ND YEAR)

- Total of 30 HIPPY activity packs & 10 HIPPY story books.
- You receive 1 new pack when you meet with your tutor **once a week**.
- You're invited to fortnightly gatherings which include- fun play-based activities, morning tea, parent enrichment session.
- HIPPY Graduation party & gifts.



2025 HIPPY Hervey Bay Expression of Interest



[HTTPS://WWW.FACEBOOK.COM/HIPPYFRASERC](https://www.facebook.com/HIPPYFRASERC)
OAST/
PROGRAM COORDINATOR - MEL JEFFERSON
0459 593 771
MELANIEJEFFERSON@CQID.COM.AU



HIPPY ~ Home Interaction Program for Parents and Youngsters

Children's earliest and most powerful love of learning comes from their family



BENEFITS FOR FAMILIES

- Helps create a learning environment at home
- Increases parents' knowledge of child development & the way children learn
- Provides parents with opportunities to enjoy positive time with their children
- Enables parents to be actively involved in their children's education
- Increases parents' self confidence
- Creates local employment & training opportunities
- Supports parents to meet regularly & promotes a sense of inclusion & connectedness with their community

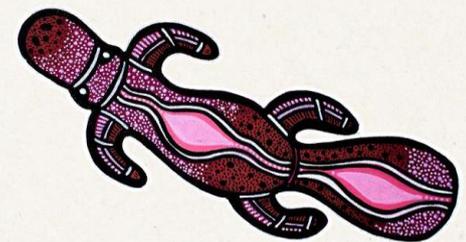


BENEFITS FOR CHILDREN

- Encourages a love of learning
- Maximizes chances of enjoyment and doing well at school
- Promotes language, numeracy and listening skills
- develops concentration and motor skills
- Builds self-esteem and confidence in learning
- Improves communication between parent and child

WHO IS HIPPY FOR?

HIPPY prioritizes access for vulnerable families, Aboriginal and Torres Strait Islander families, Culturally and linguistically diverse families (CALD), as well as families with complex needs, such as children in out-of-home care, single parent and low income families.



WHAT IS A HIPPY TUTOR

Tutors are parents who are also doing HIPPY with their child or have graduated from HIPPY.

Your HIPPY Tutor is trained in the HIPPY activities and will practice the activities with you at each home visit. Your HIPPY child does not have to be there when the Tutor comes.

You can meet your Tutor at home or somewhere else, like a park or a library. After this, you do the activities with your child.

Acknowledgment to The artist behind the animal images on this flyer Lena Smith, Kamilaroi Yinarr women & HIPPY Tutor from Moree, NSW.

The Home Interaction Program for Parents and Youngsters is funded by the Australian Government through the Department of Social Services. The Brotherhood of St Laurence holds the licence to operate HIPPY in Australia

UPCOMING EVENTS



Who is this circle held by?

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

Arina is a menstrual educator, space holder, rite of passage ceremonialist and menstrual cycle guide. Arina help's pre/teen girls, their mothers and all menstruating woman to reclaim their feminine & womb wisdom. She acts as a guide for woman and girls to deeply connect to their own unique flow and create a loving nourishing relationship with their cycle experience and themselves. She is a proud wahine Māori from Aotearoa NZ & deep in the mother years of her life.



@rrbalance88

- ♥ Female Anatomy
- ♥ Menstruation
- ♥ Period Products
- ♥ The Menstrual cycle
- ♥ Female Hormones
- ♥ Perimenopause



BOOKING
REQUIRED
TO
FREE
EVENT



Wide Bay Women's Health Centre Inc. Womans Sharing Circle

R&R Balance - Go with your flow

A warm invitation to join me in this womans sharing circle to learn more and explore the incredible female body and the cycles and seasons we experience as woman.
Arina-Rose
R&R Balance go with your flow

Date: Tues, 18th Feb 2025
Time: 10am - 12.30pm
Where: 8 Truro Street HB
(Wide Bay Woman's Health Centre)

Limited spots available
Please call 41255788
or email:
info@wbwhc.org.au



Save the date!!

IT'S TIME TO TURN PROMISES INTO PROGRESS MARCH FORWARD.

International Women's Day Breakfast
Sat 8 March 2025 | 6.30am for 7am start
Hervey Bay Boat Club



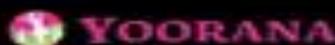
ZONTA
CLUB OF
HERVEY BAY INC

BUILD A BETTER WORLD
FOR WOMEN AND GIRLS



CLOTHES SWAP 4 CHARITY 2025 Women Rising LADIES NIGHT OUT May 17th, 2025

NOW ACCEPTING DONATIONS
See the team at the Services Club!





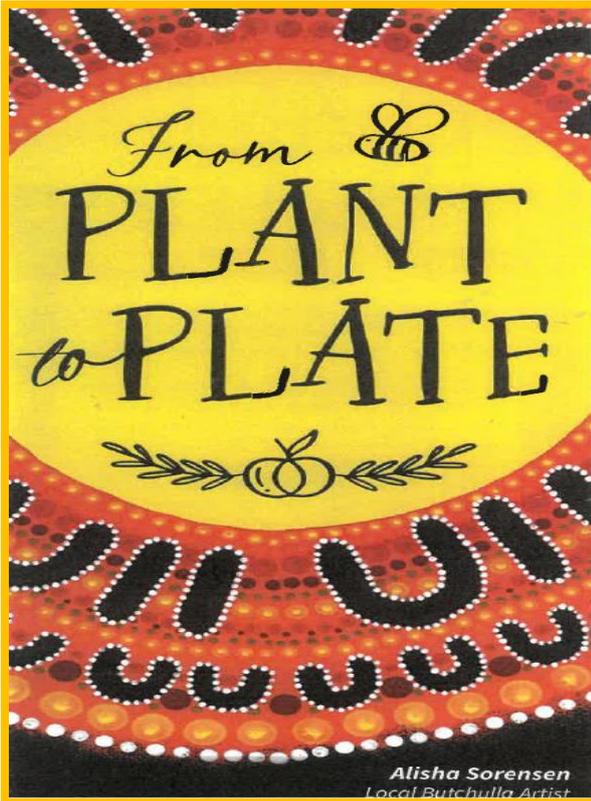
mandalas
for
mindfulness



Contact Us:

sophiartclass@gmail.com
0493523821

Find us on facebook
'Mandalas for Mindfulness'



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

WHAT'S ON

JANUARY 2025

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	21	22	23	24	25	26
27	28	29	30	31		

WHAT'S ON

FEBRUARY 2025

MON	TUE	WED	THUR	FRI	SAT	SUN
					1	2
3	 <p>WORLD CANCER DAY • FEBRUARY 4 •</p>	5	<p>6 Women's Yarning Circle @ Dayman Park Urangan</p>	7	8	9
<p>10 Out of the Box 10.00—12.00 Valentine's theme</p> 	11	12	<p>13 Women's Yarning Circle Lunch with Friends @ Urangan Wellness Centre</p> 	<p>14</p> 	15	16
<p>17</p> 	<p>18 Woman's Circle</p> <p>R & R Balance - Menstrual Cycle & Perimenopause with Arina-Rose 10.00—12.30</p>	19	<p>20 Women's Yarning Circle @ Kalang Respite Care Centre</p>	21	22	23
24	25	26	<p>27</p> <p>Women's Yarning Circle @ Dayman Park Urangan</p>	28		

WHAT'S ON

MARCH 2025

MON	TUE	WED	THUR	FRI	SAT	SUN
					1	2
3	4 Pancake Day 	5	6 Women's Yarning Circle @ Dayman Park Urangan	7	8 International Women's Day 	9
10 Out of the Box International Women's Day Celebration 	11	12	20 Women's Yarning Circle @ Kalang Respite Care Centre	14	15	16
17 St. Patricks Day 	18	19 Karis - Pelvic Floor - Sports & Spinal Physio Session 	20 Women's Yarning Circle - Close the Gap @ USCi	21 HARMONY DAY 21 MARCH 	22	23
24	25	26	20 Women's Yarning Circle Driftwood/ Doodling @ Treehouse Urangan	28	29	30
31						



I KNOW

by Anisa Nandaula

Anisa Nandaula is the 2016 Queensland Poetry Slam Champion, the Runner Up Australian Poetry Slam Champion and a nationally renowned poet

I know

By Anisa Nandaula

Published 1 March 2021

I know:

your voice is an apartment you just moved into.

I know what it feels like to throw a housewarming party in your throat.

Only for your words not to show up when you need them most.

I know:

what it's like to be an ice sculpture in the middle of every room.

Teaching your anxiety to stand still so everyone else can keep moving.

Hoping no one realises that you've been melting the whole time.

I know:

depression is a stalker that knows where you live

Sends doubt to your address every time you think you've moved out of the person you use to be.

Your teeth are unopened envelopes hiding behind your smile.

I know:

because I felt of those things too.

I know that on days when I thought this is where my story ends.

Every footstep was a new word.

Every new breath was a prayer heard.

I know:

because I felt those things to.

Time nailed my wounds to the sky and let the sun run like a river through all the places that hurt.

Time turned my fears into guide dogs and helped me see tomorrow through yesterday's darkness.

Time reminded me that my voice can be immortal if I choose to use it.

I know:

because I felt those things to, and I am still here.

The Circle We Create An Ode to our Yarning



Hand in hand, we form a chain,
A sisterhood that breaks the pain.
Together stronger, bound by grace,
We lift each other, claim our space.
No room for envy, no divide,
We rise as one, with hearts as guides.
Each voice a thread, each dream a
light the world, erase the dark.
When one falls, another bends,
To raise her up, to help her mend.
A gentle word, a shoulder near,
We offer strength, we quell the fear.
For in her triumph, we all rise,
We share her laughter, dry her cries.
Through every trial, joy, and fight,
We are her armour, her guiding light.
This bond of women, bold and true,
Is power vast, forever new.
Together we are fierce, complete,
A mighty circle none can beat.

Love Comes First



You don't move on after loss,
but you must move with.
You must shake hands with grief,
welcome her in, for she lives with you now.
Pull her a chair at the table and offer her comfort.
She is not the monster you first thought her to be.
She is love.
And she will walk with you now, peacefully.
If you let her.
And on the days when your anger is high,
Remember why she came,
Remember who she represents.
Remember.
Grief came to you my friend because love came first.
Love came first.

LIBRARY NEWS

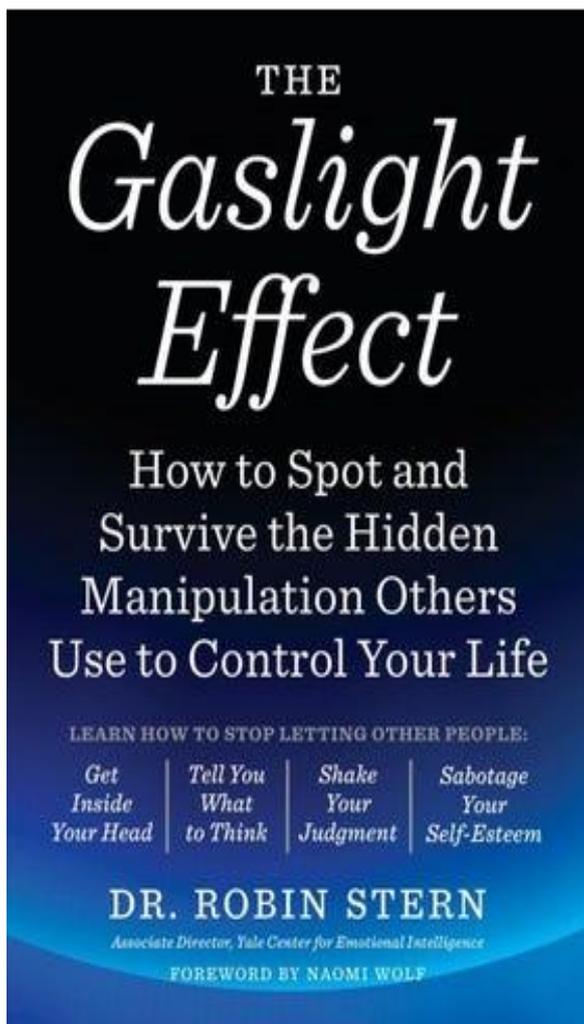
Each newsletter we feature a book from our wonderful library, which has an extensive selection of books covering a broad range of issues ~ from ageing well, to good gut health, managing kids, husbands, loss, hormones and finding your inner Zen.

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

Title: The Gaslight Effect
Author: Dr. Robin Stern
Publisher: Harmony Books

Robin Stern is an American psychoanalyst at [Yale University](#), associate director for the [Yale Center for Emotional Intelligence](#), an associate research scientist at the [Yale Child Study Center](#), and is on the faculty of [Teachers College, Columbia University](#).

Her publications include the books [The Gaslight Effect](#) (2007) and [Project Rebirth](#) (2011). Her research includes looking at [gratitude](#) and its effects on healing, and a large study examining the effects of negative and positive emotions in students in the US.



Robin Stern



Nationality American

Academic background

Alma mater

- [New York University \(BA, PhD\)](#)
- [New School for Social Research \(MA\)](#)

Academic work

Discipline [Psychoanalyst](#)

Institutions [Yale University](#)

Main interests

- [Emotional intelligence](#)
- [Gaslighting](#)

Notable works [The Gaslight Effect](#) (2007)

RECIPE PAGE



Sweet & Sour Thai Beef & Mango Salad

- 2 tsp peanut oil
- 300g [beef rump steak](#), excess fat trimmed
- 120g rice vermicelli noodles
- 2 Lebanese cucumbers, thinly sliced
- 1 carrot, peeled, shredded (see notes)
- 200g grape tomatoes, halved
- 1/2 small red onion, very thinly sliced
- 1 cup fresh coriander sprigs
- 1/2 cup fresh mint leaves
- 1 mango, thinly sliced
- 125ml (1/2 cup) Marion's Original Vietnamese Style Tangy Dressing

Step 1: Preheat a barbecue or chargrill pan on high. Drizzle oil over beef. Season with salt. Grill for 3-4 minutes each side for medium-rare or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 5 minutes to rest. Use a sharp knife to thinly slice.

Step 2: Meanwhile, place noodles in a heatproof bowl. Cover with boiling water. Set aside for 2 minutes or until tender. Drain. Refresh under cold running water.

Step 3:

Combine the cucumber, carrot, tomato, onion, coriander and mint in a large bowl. Arrange noodles on a large serving plate. Top with salad, mango and beef. Drizzle over the dressing and serve immediately.

Recipe may contain peanuts, tree nuts, fish, shellfish and soy.



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?

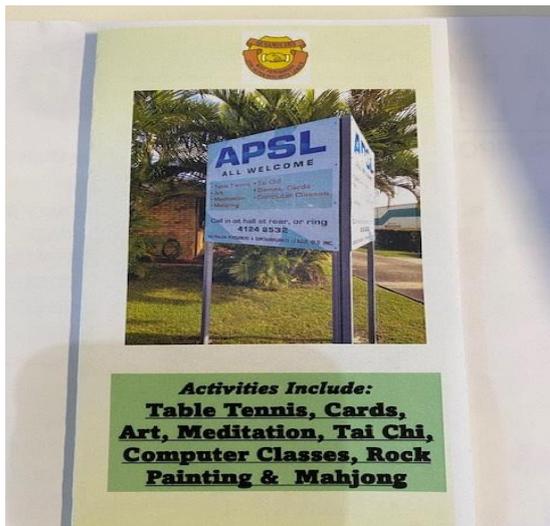
We have a new membership period. It is from 1 July 2024 - 30 June 2025 - please check your current membership. Membership fees help to fund our Centre activities, so if you have not yet renewed your membership, please drop in to the Centre and do so as soon as possible. This will allow you continued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

ADVERTISING OTHER SERVICES



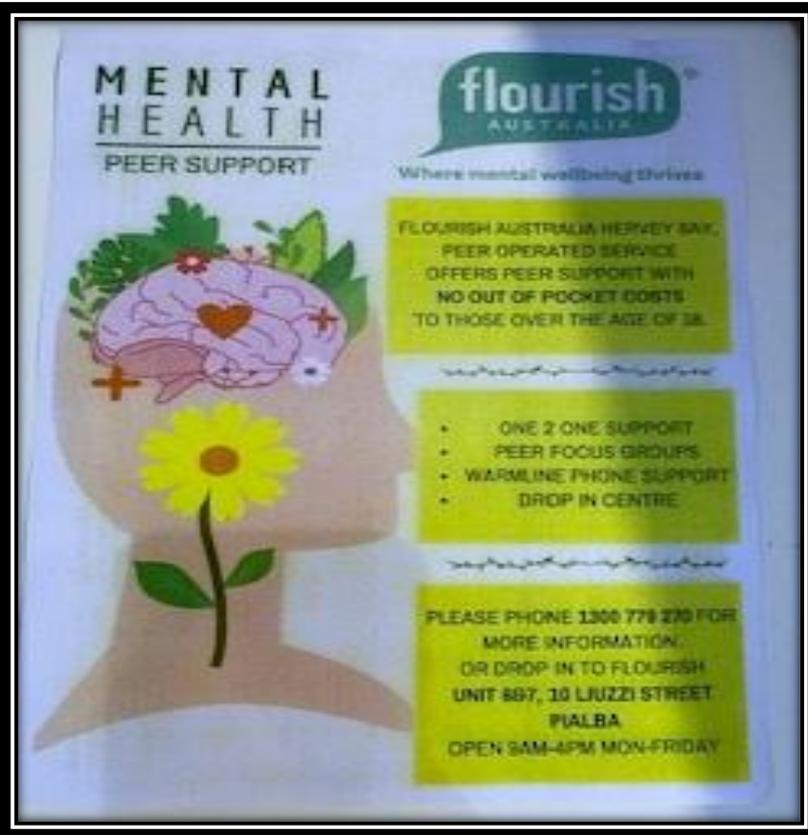
Ozcare has been supporting Queenslanders for over 25 years with a range of aged care, retirement, hospital, disability care, respite care, nursing, allied health, and dementia advisory and support services.

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
Sexual Health**



Fraser Coast Outreach Services

WHAT DO WE OFFER?

- FREE , confidential testing and treatment of STI's
- Contraception and pregnancy options
- Sexual health education and information
- PEP and PREP plus HIV Rapid Testing
- HIV Services in Bundaberg

**MARYBOROUGH
COMMUNITY HEALTH
167A NEPTUNE ST**

**HERVEY BAY
COMMUNITY HEALTH
28 - 34 TORQUAY RD, PIALBA**



BOOKINGS ESSENTIAL

4150 2754 or BBH-QClinic@health.qld.gov.au



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**

Zenda
Print Post Approved
100005264

**PRINT
POST
100005264**

**POSTAGE
PAID
AUSTRALIA**