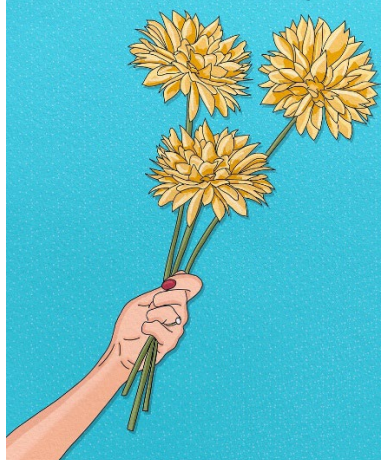




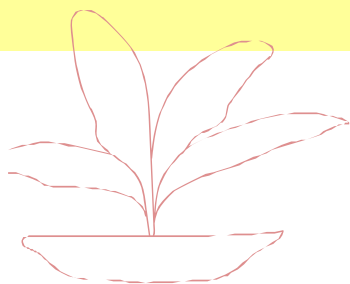
## ZENDA



FOR THE 21ST CENTURY WOMAN  
OCTOBER & NOVEMBER 2025



## FOR WOMEN BY WOMEN



### INSIDE THIS ISSUE

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### Counsellor and Workshop 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 counselling session, and no longer able to attend, *please* ring to cancel as soon as possible, as it then may be possible to put someone into that place.**

**Thank You** for your consideration 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, most appreciated.*



**WIDE BAY WOMENS HEALTH CENTRE INC**

**8 TRURO ST TORQUAY 41255 788**

**[info@wbwhc.org.au](mailto:info@wbwhc.org.au)**

# **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

[c. Ursula Benstead \(2011\)](#)

## ***From the Manager***

A decorative background featuring a woman's profile in a red silhouette on the right side. The background is adorned with various floral elements, including orange and pink flowers in the top left, and green foliage and yellow flowers in the bottom left.

Welcome to our new members of the Wide Bay Women's Health Centre. We look forward to your continued connection to the centre.

The Centre offers membership to Women who come to our centre, this enables you access to our lending library, receive a newsletter and have voting rights at our Annual General Meeting.

All flyers and upcoming workshops & events will be included in our newsletter, on our Facebook page, website and displayed in the centre.

WBWHC is now taking new referrals, along with planning new and exciting workshops for 2026.

Thank you.

**Lynette**



# 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.*

## **Women's Yarning Circle on 'Butchulla' Country**

The Yarning circle continues to glow and grow with the number of participants flowing in the circle. Special thankyou to Julie McGillivray who volunteers to provide support and assistance where required to our circle. Also, would like to express our gratitude to Samantha Berderow who supplies a trolley full of different arts and crafts for our women to do at the yarning circle. We gratefully appreciate everything you both do for our circle.

## **Spotlight on community organisations**

**BNTAC – Butchulla Native Title Aboriginal Corporation**

Was established in 2019, Butchulla Native Title Aboriginal Corporation (BNTAC) is the Registered Native Title Body Corporate (RNTBC) for the Butchulla people operating principally on the mainland.

On 13 December 2019, the Butchulla people were granted a determination of Native Title following a litigation process over lands located across the Fraser Coast region and waters in the sandy straits adjacent to K'gari (Fraser Island) in Queensland – Australia. The vision is to have a place where Butchulla people thrive, contribute and co-create a culturally vibrant and sustainable community now and for future generations.

BNTAC honour and continually enhance our cultural heritage-knowledge-wisdom, improve our quality of life, express our living and spiritual connections to Country (land, sea and sky) through inclusive collaborative governance practices and respectful relationships with members, community and partners. For more information about our protocols, please download the document: [BNTAC Cultural Protocols for Working Living Playing and Being on Butchulla Country \(land, sea and sky\)](#) Source Butchulla website.

## **BNTAC CONTACT DETAILS ARE:**

Office 1.11, University Sunshine Coast, Fraser Coast Campus – Pialba  
161-179 Old Maryborough Rd, Hervey Bay QLD 4655

**CALL US** (07) 4338 7600

**EMAIL US** [administrator@butchullantac.org.au](mailto:administrator@butchullantac.org.au)

Nyin Galangoor - Marj



# NATS News

## Community Engagement Worker



The Centre was well represented with our Community Engagement worker, NAT, helping the young ones catch a "fish" for a lollipop while adults completed a short survey on preference for Workshops.

Thanks to all those that stopped by the stall.





## UPCOMING EVENTS



**FAMILY FUN DAY**

WEDNESDAY  
**2**  
OCT 2025

Seagulls Football Grounds

TIMES  
**10-2**

Colour Fun Run | Football | Cricket | Basketball  
Face Painting | Jumping Castle | Inflatable  
Obstacle Course | Messy Play | Arts & Craft  
Stalls | Treasure Hunt & prizes to be won

**FREE EVENT**

WANT TO GET INVOLVED? CONTACT US ON  
[CONNECTEDBEGINNINGSHB@CQID.COM.AU](mailto:CONNECTEDBEGINNINGSHB@CQID.COM.AU)

**CQID**  
Central Queensland Indigenous Development



**HBNC**  
Creating Connected Communities

# THE RECOVERY LOUNGE IS MOVING TO THE NEIGHBOURHOOD HIVE

**184 BOAT HARBOUR DRIVE, PIALBA**

HBNC are excited to share that the Recovery Lounge is moving to its new home at the Neighbourhood Hive with some exciting new additions to rebrand as;

**The Neighbourhood Lounge.**

Community feedback has been overwhelmingly positive, and we're thrilled to continue offering a welcoming, supportive space for creation and connection.

**Opening Hours:**  
Monday | 9:00am – 12:00pm  
Wednesday | 9:00am – 12:00pm  
Friday | 9:00am – 12:00pm

Bring along your coffee and snacks and enjoy a space that's all about community.

CREATIVE CORNER	BUB HUB BOUTIQUE	INDOOR PLAYGROUND
		

# UPCOMING EVENTS

**October is Australia's Breast Cancer Awareness Month, providing an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.**

## Statistics & Demographics

### **Prevalence:**

Breast cancer is the most common cancer in Australian women and the second most common overall cancer in Australia.

### **Lifetime Risk:**

In Australia, it is estimated that a woman has a 1 in 7 chance of being diagnosed with breast cancer by the age of 85.

### **Age:**

The risk of developing breast cancer increases with age, with the majority of cases occurring in women over 50.

### **Men:**

While less common, men can also develop breast cancer, with the risk being much lower than for women.

### **Transgender People:**

Transgender and gender-diverse people can also get breast cancer.

## Risk Factors

**Lifestyle:** Being physically inactive, drinking alcohol, smoking, and being an unhealthy weight can increase your risk. **Genetics:** A

family history of breast cancer, particularly in a first-degree relative (parent or sibling), increases risk. **Density:** Having dense breasts is another risk factor for developing the disease.

**Menopausal Hormone Therapy:** Long-term use of combination hormone therapy can increase risk.

**Symptoms** -Common signs and symptoms can include:

A new lump or thickening, especially in one breast.

A change in the size or shape of a breast.

Changes to the skin of the breast, such as dimpling, redness, or itching.

- A new or inverted nipple, or a discharge from the nipple.
- Swelling in the armpit or around the collarbone.

**Prevention – Lifestyle Changes:** Maintain a healthy weight, be physically active, limit alcohol intake, and avoid smoking. **Early Detection:** Be aware of breast screening services and report any changes or symptoms to a healthcare professional.

<https://nbcf.org.au/fundraise/breast-cancer-awareness-month/>

This is for informational purposes only. For medical advice or diagnosis, consult a professional.



The infographic features a central pink circle with the text "1 in 7 women will develop breast cancer". Surrounding this central circle are seven smaller circular images: a pink silhouette of a person, and six photographs of diverse women of various ages and ethnicities smiling. Below the infographic, there is a pink banner with the text "A breast screen is quick, free and can find cancer before it can be seen or felt." and "Call 13 20 50 to book an appointment." At the bottom, there are logos for the Australian Government, BreastScreen Australia, and a QR code for more information.

**A breast screen is quick, free and can find cancer before it can be seen or felt.**

Women 50 to 74 can book a breast screen every 2 years.  
You can also screen if you're aged 40 to 49 and 75 and over but you should first speak to your health professional to see if a breast screen is right for you.

**Call 13 20 50 to book an appointment.**

Australian Government  
BreastScreen AUSTRALIA  
A joint Australian, State and Territory Government Program  
Scan the QR Code for translated resources in over 30 languages.  
www.health.gov.au/bssa

## UPCOMING EVENTS

### What is the STAR for Women program?

The STAR program is the **Safety Trust and Resilience** program for Women. This is a workshop series for women impacted by domestic and family violence.

Through the workshop experience, participants will come together with other women and learn about the dynamics of domestic and family violence. The program will also emphasise wellbeing, practical strategies for self-care, healing and recovery.

The workshop series will be delivered over six (6) weeks for approx. three (3) hours per session, including a break for morning tea.

Topics for the workshop series will include a focus on:

- Trauma and its impact on the body and mind
- Grief and loss, self-care, and wellbeing
- Relationships, early warning signs, and understanding coercive control
- Characteristics of a healthy relationship
- Effects on children and how to support resilience

### How do I participate?

If you would like to be part of this program or find out more information, please contact UnitingCare on 07 4191 3100 and ask about the STAR for Women program, or email [fraser@uccommunity.org.au](mailto:fraser@uccommunity.org.au) with your enquiry.

**ZONTA SAYS NO**  
TO VIOLENCE AGAINST WOMEN

THE CAMPAIGN

For more than 100 years, Zonta International has contributed to help achieve a world free of violence against women and girls through service and advocacy.

Violence against women and girls is one of the most pervasive human rights violations and a global epidemic.

It knows no national or cultural barriers; it takes place at home, in the workplace and in open spaces, and affects millions of women and girls in peacetime and conflict. It includes psychological, physical and sexual violence, and harmful practices such as rape, female genital cutting, child marriage and human trafficking. Violence against women and girls threatens countries, inhibits economic progress, and prevents women from contributing to their community and creating better lives for themselves and their families.

Our ongoing **advocacy** impact is built around the advocacy campaign “Zonta Says NO to Violence Against Women.” Launched in 2012, the campaign has raised awareness of the global pandemic of women’s rights violations and has united Zonta clubs worldwide in conducting impactful advocacy actions to fight violence against women and gender inequality.

All Zonta clubs and districts are encouraged to take advocacy actions throughout the year: To promote the human rights of women. To promote Sustainable Development Goal No. 5 “Achieve gender equality and empower all women and girls” To end violence against women and girls

During the 16 Days of Activism, 25 November-10 December, all Zonta clubs and districts are encouraged to take part in the **Zonta Says NO to Violence Against Women** campaign and to take local, national and international actions to influence the making and implementation of laws, as well as changing gender-based attitudes and behaviours to end violence against women.





## UPCOMING EVENTS



4-12 October 2025

### Connect for mental health

Nurture and support positive mental health and wellbeing for yourself and your community.



SELF

#### Connect with self:

Take care of yourself, do something you enjoy, make healthy choices, and seek help when needed.



OTHERS

#### Connect with others:

Foster relationships with loved ones, friends, family, and mob. Spend time with others and make meaningful connections.



COMMUNITY

#### Connect with community:

Be supportive and inclusive, look after one another, and connect with culture. Show kindness and initiate connection with those who are struggling.



NATURE

#### Connect with nature:

Take a break from technology, spend time outdoors, embrace mindfulness, and take care of the world around you.

If you or someone you know needs help, the following services are available.

If your situation is life-threatening or you're concerned for someone's safety, call 000 for help.

**1300 MH CALL:**  
Mental health access line  
1300 642 255

**13YARN**  
13 92 76  
13yarn.org.au

**Lifeline**  
13 11 14  
lifeline.org.au

Visit the 'Find help' section of the Queensland Mental Health Week website for more services.



Funded by

Queensland  
Mental Health  
Commission



Coordinated by

CHECKUP

www.qldmentalhealthweek.org.au  
#QMHW #Connect4MentalHealth



Artwork: 'Stronger connection creates strong health' by Leah Cummins, Bunya Designs

**Did you know** that one of the best ways to be kind to yourself is to be kind to others? Studies have shown that when you do a kind deed, it actually delivers a bigger happiness boost to you than the person you're helping.

You can unlock this happiness boost with either an act of giving, like volunteering or helping a neighbour, or an act of gratitude, like sending a thank you note or just writing down something you are grateful for each day.

#### Why?

Research tells us that performing an act of kindness triggers the release of a chemical called oxytocin. This stimulates the area of your brain associated with social connection and trust, which makes you feel good. **Showing gratitude can improve your self-esteem, enhance empathy, reduce aggression and even help you sleep better.** Acts of gratitude create strong positive emotions **and practising them regularly** will also help build your mental resilience.

**Get Healthy - Keep Learning - Connect more - Take notice - Embrace nature.**

## How Medicare Mental Health can help

When it comes to managing or improving your mental health, it can be difficult to know what to do or where to go.

Medicare Mental Health Centres and Kids Hubs can connect you with a range of mental health professionals for support, whatever your situation.

Find a location near you or make a free call to the national phone service on **1800 595 212** (weekdays 8:30am-5:00pm, excl. public holidays).

You can also browse a range of resources and services on this website to support yourself or someone you care for.

**Find support** Call 1800 595 212

## UPCOMING EVENTS



### Uniting for Community Mental Health Expo

- Connect with community
- Ask questions
- Join in the fun activities
- Sit and relax
- Ages welcome
- FREE event

Community organisations are uniting for Maryborough to raise awareness of how positive mental health improves our overall health and wellbeing and enables us to enjoy a meaningful and productive life. *Want to know more?*

***Thursday 9 October 2025 9:00am to 1:00pm***  
***Maryborough City Hall***  
***255 Kent Street***



*Hosted by Uniting Church Mental Health Forum*  
*For further information contact:*

*Email: [Delma.Lovell@ucareqld.com.au](mailto:Delma.Lovell@ucareqld.com.au)*

*Mobile: 0428 598 309*



## UPCOMING EVENTS



### Hervey Bay Neighbourhood Centre Connections URANGAN WELLNESS CENTRE

HBNC's Resilient Connections program is designed to help older adults in Hervey Bay strengthen social connections, reduce loneliness, and build confidence in disaster preparedness.

**When:** Second Thursday of each month, 11.30 am-1pm (lunch served at 12pm)

**Where:** **Urangan Community Wellness Centre, Elizabeth St, Urangan**

**Cost:** \$10 per person for a two-course lunch (main plus dessert)

**Bookings:** Bookings and payment REQUIRED by Tuesday 5pm the week of the lunch.

**No walk-ins will be accepted.** If payment is not received, your place is not booked.

**Cancellations:** **If you cannot attend, please advise up to 24 hours before the event for a refund. Bookings will not be held over for the next event.**

**Parking:** Parking at Urangan is limited, please allow extra time to park on Dayman or Miller Sts and walk to the centre.

**ATTENTION\*\*:** We take food allergies and intolerances seriously.

Please be aware that our menu items may contain or have come into contact with common allergens including: Gluten, Nuts, Dairy, Artificial additives.



*The Resilient Connections Program is supported by the Resilient CARE program, a Country to Coast Queensland and Australian Business Volunteers partnership, with received funding from the Australian Government.*



**The Shark Cage Framework was developed by Melbourne psychologist, Ursula Benstead. The Five Step framework is a way of preventing, understanding and healing from violence against girls and women. It is based on the concept of Universal Human Rights and draws on a powerful metaphor and multiple psychological modalities for working in trauma informed ways to help women interrupt patterns of abuse in their lives and in ways that empower girls and women and challenge victim blaming.**

**Duration:** 8 weeks

**Date:** 2<sup>nd</sup> October - 27<sup>th</sup> November 2025

**Time:** 11:30am-1:30pm every Thursday

**Location:** 98 ELLENA Street, Maryborough CQID  
Queensland 4655

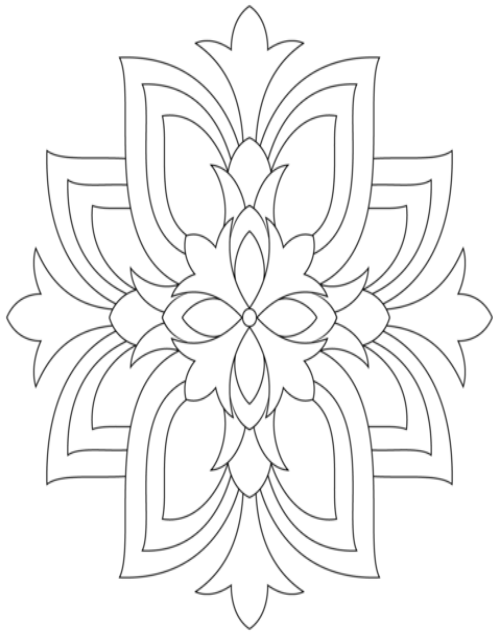
**For Bookings or Information please call  
Olivia Hodges - Social Worker on 0417 602 048**

We will have a follow up session 3 weeks after finishing the program



**GALANGOOR DUWALAMI**  
**PRIMARY HEALTHCARE**





## *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.*

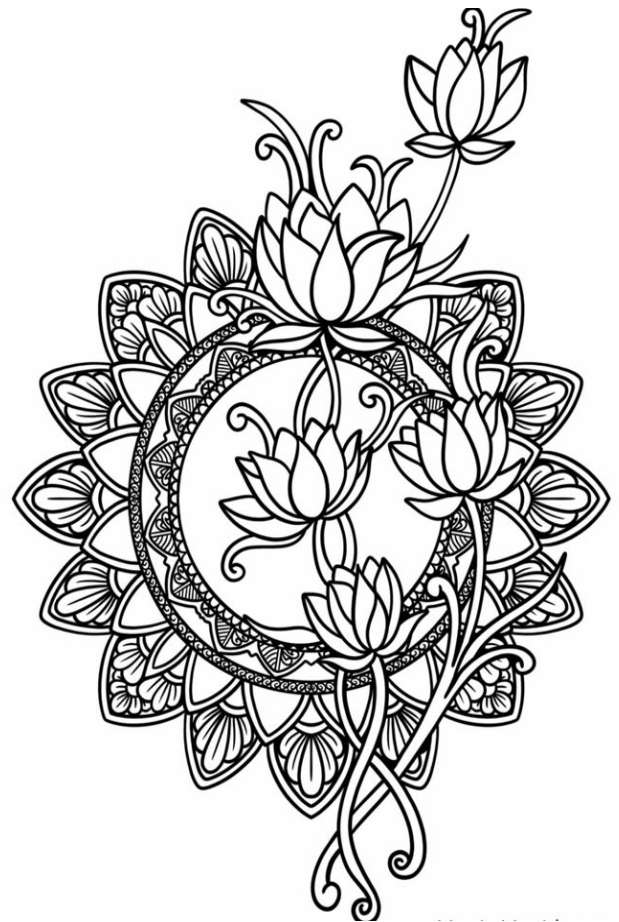
*You are part of this creation.*

*Let our 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 valley, and the groves and "bow again to the sacred altar of your natural soul."*



## 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 CORP- HOUSING & CULTURAL DEVELOPMENT – 4122 4382 / 0498 578 110
- UNDERNOO KINDERGARTEN – 4121 5831

### 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 Sexual Health Q clinic**

**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

**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**

**Breast Screen Queensland**  
**Madsen Medical Centre,**  
**Urraween**  
**Make an appointment by calling**  
**13 20 50 or 4150 2800**  
**Women over 40 yrs.**  
**are eligible**



## HAVE YOU RENEWED YOUR MEMBERSHIP?

We have a new membership period. It is from **1 July 2025 - 30 June 2026** - 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**

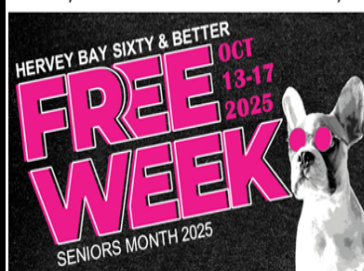
### FREE FOR ONE WEEK ONLY\*\*

In celebration of Seniors Month, Hervey Bay 60 & Better is offering a full week of FREE classes – and you're invited.



This is the perfect opportunity to try something new, meet great people, and discover the wide range of activities we offer – absolutely free of charge for one week only.

Now's your chance! Come and visit our facility and learn what we can offer to you.



Between 13<sup>th</sup> to 17<sup>th</sup> October

Come along and join the fun!!

Check out our program online, drop in to visit or give us a call on 4194 6781.

459 Boat Harbour Drive, Torquay

[www.60andbetterherveybay.com.au](http://www.60andbetterherveybay.com.au)

## Hervey Bay Sixty & Better

You are invited to our Open Day!

Friday, 24 October 2025 - 8:30am to 11:00am

Dan Dinna House, 459 Boat Harbour Drive, Torquay

Activity Displays – See what our members get up to!

Books & Bric-a-Brac Sale – Hidden treasures await.

Gold Coin Morning Tea – Enjoy a cuppa and a chat.

Market Stalls – Browse handmade and pre-loved goods.

All welcome – come for a look, stay for the fun!

50, 60 & Better – there's something for everyone!



## Halcro Street Community Centre and Gardens

The Halcro Street Community Centre is a vibrant hub of connection, learning, and support for the Fraser Coast community.

With activities and groups led by a passionate team of people, the Halcro Street Community Centre is a welcoming space where everyone can find opportunities to learn, grow, and connect.

**Address:** 30 Halcro Street, Pialba

**Opening hours:** Monday to Friday,  
9am - 3pm

**Phone:** (07) 4194 2441

**Email:**

[community@frasercoast.qld.gov.au](mailto:community@frasercoast.qld.gov.au)

## Comfort Kitchen is a free weekly community meal program designed to bring people together in a safe, welcoming space.

It's more than just a meal—it's an opportunity to connect, share stories, and break down the barriers of social isolation.

Comfort Kitchen is open to: \*Anyone in the community who would benefit from a warm meal.

\*Individuals seeking company and a sense of belonging. Whether you're in need of a meal or simply a friendly face, **you're always welcome at Comfort Kitchen.**

When: Every Wednesday, 4:30 PM to 5:30 PM

Where: Hervey Bay Community Centre, 22 Charles St, Pialba QLD 4194 3000

Donate: **Comfort Kitchen relies on community support to keep running. Every dollar helps provide meals and maintain this vital service.**

**FOR THE 21<sup>ST</sup> CENTURY WOMAN  
WIDE BAY WOMEN'S HEALTH CENTRE Inc**

8 Truro Street  
PO Box 5003  
TORQUAY QLD 4655  
Phone: 07 4125 5788  
Email: [info@wbwhc.org.au](mailto:info@wbwhc.org.au)  
Website: [www.wbwhc.org.au](http://www.wbwhc.org.au)

Copies of flyers and brochures are available for groups advertised in this newsletter.

*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**

**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 Hervey Bay	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

**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 Families, Seniors, Disability Services and Child Safety. This funding allows us to provide programs and services free of charge or for minimal cost. Should you wish to donate, your donations are still greatly appreciated**

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