



Wide Bay Women's Health Centre Inc.

ZENDA (Meaning -Life, Soul or Holy woman) FOR WOMEN BY WOMEN

February & March 2026 Newsletter

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REMEMBER WHEN.... !

What hasn't changed is the building is **still** serving the **community**, as it has since 1950. The Women's Centre since the 90's came along to visit and see what we have for you.

1960's



1980's



1990's



Recent



ABOUT US

INTRODUCING NITA AND WELCOME TO OUR NEWEST COUNSELLOR TO THE CENTRE



Hi everyone, my name is Nita, one of the Centre's counsellors providing support in the Hervey Bay area. I have been in the Bay for over 4 years, moving here from Rural Queensland and have now been in this role for 8 months.

I have a Human Services Bachelor with a Major in Counselling and continue to develop my skills and qualifications in the field.

I am honoured and privileged to provide support for women on their uniquely individual journeys.

While my sessions are informed from different therapy theories, I always aim to provide a holistic approach that incorporates different techniques and strategies relevant for that individual.

NITA

From the Manager

Welcome to another year, with new and interesting workshops on offer.

Join us in 2026 as we create a supportive, empowering space for women at our centre. We extend a warm and heartfelt welcome to women across the Fraser Coast.

This time of the year is for fresh beginnings, meaningful connections, and personal growth.

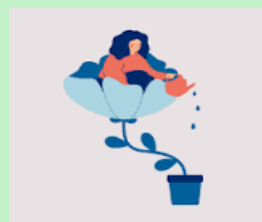
Our centre is a place where women can feel supported, inspired, and connected – whether you are looking for information, resources, or simply a welcoming space to belong.

We invite you to join us, take part in our activities, and become part of a vibrant and caring community.

Bring a friend, share your ideas, and help us create a space that truly reflects the needs and voices of women.

We look forward to welcoming you and building a year filled with connection, encouragement, and shared experiences.

Lynette



INDIGENOUS EVENTS



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

SIGNIFICANT DATES

NATIONAL APOLOGY DAY – 13 FEBRUARY

2026
Aboriginal and Torres Strait Islander
KEY DATES

26 JANUARY Survival Day	05 - 12 JULY NAIDOC Week
13 FEBRUARY Apology Day	04 AUGUST Aboriginal and Torres Strait Islander Children's Day
19 MARCH National Close the Gap Day	09 AUGUST UN International Day of World's Indigenous Peoples
26 MAY National Sorry Day	02 SEPTEMBER Indigenous Literacy Day
27 MAY 1967 Referendum	13 SEPTEMBER Anniversary UN Declaration on the Rights of Indigenous Peoples
27 MAY - 03 JUNE Reconciliation Week	
03 JUNE Mabo Day	
01 JULY Coming of the Light	

Disclaimer: This is a brief listing of some of the key Aboriginal and Torres Strait Islander Key Dates in 2026. There may be other dates and significant local events that have not been specified in this listing. Dates may be subject to change.

ICN 1747





National Apology Day in 2026 will be held on February 13. This day commemorates the apology of the Australian Government to the Indigenous children who were taken away from their families due to past policies. Various events will be held nationally, including a cleansing ceremony, that will be held to mark this significant occasion.

Source: healthbulletin.org.au

HARMONY DAY – 21st MARCH

Harmony Day is an Australian Government program that centres on the message that "Everyone belongs", reinforcing the importance of inclusiveness to all Australians. Since 1999, thousands of Harmony Day events have been staged in childcare centres, schools, community groups, churches, businesses and federal, state and local government agencies across Australia.



CLOSE THE GAP – 19th MARCH

National Close the Gap Day is observed on the third Thursday of March, falling on March 19 this year, and advocates for health equity of Australia's indigenous people and educating the public about the health issues and barriers to well-being faced by them. Since 2007, National Close the Gap Day brings together Australians from all over the country to advocate for health equity and take meaningful action to create better and more equitable conditions for the indigenous people. The campaign encourages people and organizations to plan events that draw attention to the health issues of Australia's indigenous people and to support legislation and programs for the improvement of their conditions.



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

ROTARY CLUB OF HERVEY BAY SUNRISE 
invites you to a
Ladies Preloved Clothing
20 FEB FRIDAY **GALA Night** **07 PM** **\$25 ENTRY FEE**
CHAMPAGNE ON ARRIVAL | GRAZING TABLE
FASHION PARADE 7.30PM | LUCKY DOOR PRIZES | BAR
Fashion Parade proudly supported by our local Fires!
Clothing Racks starting from \$5 - Size 6-Size 22
Come and find yourself your next favourite party dress, ball gown or even something casual!
Host is Tam Evans from Triple M Fraser Coast
All Funds from the night go to the THE DOMESTIC AND FAMILY VIOLENCE PROGRAMS IN HERVEY BAY
Arrival time from 6.45pm - and finishes at 10pm
HERVEY BAY NEIGHBOURHOOD CENTRE
22 CHARLES STREET, PIALBA | SCAN CODE TO BOOK 
Anyone that would like to DONATE their preloved quality gala clothing can deliver to:
BANANA BENDER AND VALENTINO'S EMPORIUM,
419 ESPLANADE TORQUAY and the HERVEY BAY NEIGHBOURHOOD CENTRE
For details phone 0418 467 628  

 **Fraser Coast Rotary Clubs** 
Rotary Peace Scholar Presentation
Curious about how everyday people can help shape a more peaceful world?
Join two of Rotary's current Peace Scholars, **Thristina Kanka (USA)** and **Pravin Wankhede (India)** to learn about this fascinating program.

- Learn about the roles Peace Scholars perform in Rotary's global quest for peace.
- Discuss how our current Peace Scholars will create positive change through peace building, leadership and community action.
- Learn the process of how to become a Rotary Peace scholar.

Monday 9th of February
6:15pm for 6:30pm
Hervey Bay Neighbourhood Centre
\$25.00
Dinner included. 
Visit HBNC website to book tickets.
In a world facing growing conflict and division, the Rotary Peace Scholar Program invests in people, equipping them with the skills, knowledge, and networks to build peace where it's needed most. From community development to international diplomacy, Peace Scholars are creating change locally and globally.

NATS News

Community Engagement Worker

We are excited to begin a new journey in 2026, bringing a range of **new free workshops for women** to the Wide Bay Women's Health Centre.

The workshops are focused on information-based learning, mindfulness techniques, and skill development. We aim to introduce new concepts and tools for self-awareness and personal growth.



Please note some workshops like the Mandala workshops are a 6-week program, with a different topic covered each week.

Due to funding requirements, you can only attend one 6-week program, not both.

The workshops listed below are one-off 2 hr workshops, where the same material is presented on each date. If you really enjoy Neuro-Flow, you are welcome to put your name on the Wait List, and if a space is free, you can come along again.

Please ensure you call 4125 5788 to book in for each workshop.

Workshop topics

- February: Neuro-Flow (doodling to create calm)
- March: Self Care (learn techniques to improve your self-care)
- April: Button Art (create a floral canvas using paint pens, glue and buttons)
- May: Building Strong & Healthy Connections
- June: Grief & Loss; and Driftwood Art (create a wall hanging with driftwood, beads and feathers)

And later in the year from July to December you can expect the following and more!

- Poetry (Haiku, Limericks, Quatrains etc.)
- Vision Boards and Goal Setting
- Introduction to Cognitive Behavioural Therapy (CBT)
- Getting started in Zines (mini-magazines)

Please note that these learning opportunities are educational, and not a substitute for therapy or counselling.



“Kindness is a language which the deaf can hear and the blind can see.”

- Mark Twain



NATS News

Community Engagement Worker



Group Room Update: “The Perch” Writing Desk and Lounge area

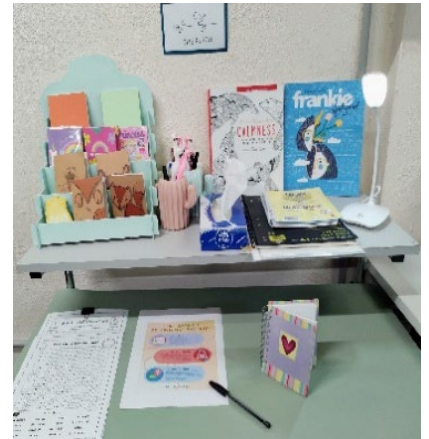
Did you know that we have a little writing desk setup in the Group room?

If you are early for your appointment, or want to take notes after your appointment, you can drop

into The Perch and help yourself to writing materials, pens and paper. There are also some word search and other games to pass the time.

Call into The Perch to make notes, write a letter or some poetry. Make yourself a cuppa, borrow a book or just relax in a safe and welcoming space.

Please check in at Reception first, to make sure there isn't a workshop already running in the Group Room. If you have any ideas or suggestions for new workshops, please email Nat@wbwhc.org.au



Creative workshops are returning to the Centre!!

We are pleased to announce new some workshops commencing in February 2026.



Neuro-Flow: Drawing Your Way to Calm

Mondays 2nd, 9th, 16th and 23rd February 2026, 10am to 12pm, tea/coffee provided, **FREE**

- Max 8 participants, age 12 and over in each workshop.
- Call **4125 5788** to book your spot.

Neurographic Art was developed by a Russian psychologist, artist, and architect, Dr. Pavel Piscearev in 2014. It invites us to draw freeform lines on paper, called neurolines.

As the line travels across the page, it encourages us to relax. It acts as a form of meditation as the pen creates line and shape, then sharp corners and angles are “rounded off” to create a smooth flow. We’re able to disconnect from the things we’re troubled by and focus on the drawing for a few moments. The idea is to find a reset through the process, and leave all your anxiety and stress on the paper.

No drawing experience required, all materials supplied.

UPCOMING EVENTS

Save the Dates - coming up in **March 2026!**
3 new Self-Care Workshops Tuesdays 3rd, 10th and 17th.

From 10am to 12pm. Learn what self-care actually means, identify common barriers that women face making time for self-care, learn how to re-frame your thinking and introduce micro-moments of self-care into every day.



International Women's Day Morning Tea

Monday 9th March, 10am to 12pm **at the Centre**

Yummy morning tea, local women speaking about this year's theme "Balance the Scales" and networking.

Mindful Mandalas Program – 2 x Six-week face to face programs

Gentle guidance for mindful creativity, self-compassion & inner calm through mandala-making with local artist **Sophie Tighe**.

- Group 1, 10am to 12pm, 4th February to 11th March 2026 (max 10 participants)
- Group 2, 10am to 12pm, 18TH March to 22nd April 2026 (max 10 participants)
- Group 3, online only, dates and times TBA.
- Call 4125 5788 to book your spot.



Mandalas created by the first two groups will be displayed in a **Mindful Mandalas Exhibition** at Gatakers Artspace in Maryborough for 3 weeks commencing with a launch on Saturday 9th May 2026. **More details soon!**

**FREE Women's Group
Mandala Design**
6 week Art & mindfulness Program
@Wide Bay Women's Health Truro Street
**Wednesdays 10am-12pm
4th Feb- 11th March**

Discover the beauty of mandala art while exploring its powerful mindfulness benefits. This engaging and enriching course offers a step-by-step guide to creating your own stunning mandala designs. Unleash your creativity, boost your well-being, and embrace the magic of this timeless art form.

 **Wide Bay Women's
Health Centre Inc.**


**FREE Women's class
Mandala Design**
6-week Art & mindfulness Program
**Wednesdays 10am-12pm
18th March-22nd April**
Wide Bay Women's Health centre Truro St.

Discover the beauty of mandala art while exploring its powerful mindfulness benefits. This engaging and enriching course offers a step-by-step guide to creating your own stunning mandala designs. Unleash your creativity, boost your well-being, and embrace the magic of this timeless art form.

To reserve your spot please call
Wide Bay Women's Health on...
(07) 4125 5788

 **Wide Bay Women's
Health Centre Inc.**

UPCOMING EVENTS




ZONTA CLUB OF HERVEY BAY INC
BUILD A BETTER WORLD FOR WOMEN AND GIRLS

IWD 2026

Sunday, 8 March 2026
10 am for 10.30 am start
The Clubhouse Hervey Bay,
cor Tooth St & Old
Maryborough Rd, Hervey Bay

#givetogain

International Women's Day 2026
BALANCE THE SCALES
#BalanceTheScales | #IWD2026



The Zonta Club of Hervey Bay cordially invites you to its annual International Women's Day event on Sunday, **8th March 2026 at the Clubhouse Hervey Bay.**

Join us for inspiring presentations by two visionary women whose commitment, compassion, sense of purpose and philanthropy are building a better world for women.

The event features:

- **Peggy Flannery**, one of Queensland's leading philanthropists and Co-Founder of the Flannery Foundation.
- **Vicky Cole**, CEO of Peggy's Place.



BOOK CLUB

Join fellow female book lovers to talk books once a month. Give the group a rundown of your chosen book, what you liked the most or didn't enjoy, and if you'd recommend it to others.

Help each other learn about different genre's, new authors and enjoy a light and relaxed literary chat over a cuppa.

Book now: phone 4125 5788
Enquiries: info@wbwhc.org.au
www.wbwhc.org.au

 **Wide Bay Women's Health Centre Inc.**



10:30 AM TO 12PM

FRIDAY'S:

13 FEB 2026
13 MAR 2026
10 APR 2026
8 MAY 2026
12 JUNE 2026



8 Truro Street
Torquay Qld 4655



BUTTON ART WORKSHOPS

Create a floral canvas decorated with buttons

Have some fun creating a sweet canvas board using supplied buttons, or bring your own special buttons.

Book now: phone 4125 5788
Enquiries: info@wbwhc.org.au
www.wbwhc.org.au

 **Wide Bay Women's Health Centre Inc.**



10AM TO 12PM






MONDAY'S:





20 APRIL 2026
27 APRIL 2026
11 MAY 2026
18 MAY 2026



8 Truro Street
Torquay Qld 4655

Calendar of upcoming Events and Workshops


February 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Neuro Flow 10-12	3	4 Mandala 10-12	5	6	7 
8 	9 Neuro Flow 10-12	10	11 Mandala 10-12	12	13 Apology Day Book club 10:30-12	14 Valentines Day
15 	16 Neuro Flow 10-12	17	18 Mandala 10-12	19	20 Rotary Gala	21
22 	23 Neuro Flow 10-12	24	25 Mandala 10-12	26	27	28

March 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 Self-Care 10-12	4 Mandala 10-12	5	6	7 
8 Zonta Club International Women's day M/Tea @ Clubhouse	9 International Women's day M/ Tea At the Centre	10 Self-Care 10-12	11 Mandala 10-12	12	13 Book Club 10:30-12	14 
15	16	17 Self-Care 10-12	18 Mandala 10-12	19 Close the Gap	20	21 Harmony Day
22	23	24	25 Mandala 10-12	26	27	28 
29	30	31				


Solo Mindfulness in Hervey Bay

Sometimes we feel like joining a group activity or attending a workshop to learn with others. Other times, we simply need to recharge our batteries by enjoying some solitude. It may feel instinctual to remain indoors in the sanctuary of our home, but then we look around and see chores to be done and messes to be cleaned—how depressing is that? Or.. we collapse onto the couch for some screen-bingeing just to tune everything out. But have you considered getting out of the house and being solo outdoors? Being alone in nature allows you to set your own pace and tune out the "noise" of daily life. Consider these local activities:

Sea-Gazing at Urangan Pier

- Walk out to the end of the Urangan Pier early in the morning.
- Find a quiet spot to sit or lean against the rail. Focus entirely on the horizon where the blue of the water meets the sky.
- Practice "box breathing" for a few minutes: inhale for 4 seconds, hold for 4, exhale for 4, and pause for 4. Repeat.
- What can you hear? Listen for the wind, the water lapping on the pylons.
- What can you smell? Breathe in the salty air.
- Let the natural beauty of Country revitalise you.

Sensory "Forest Bathing" in the Botanic Gardens

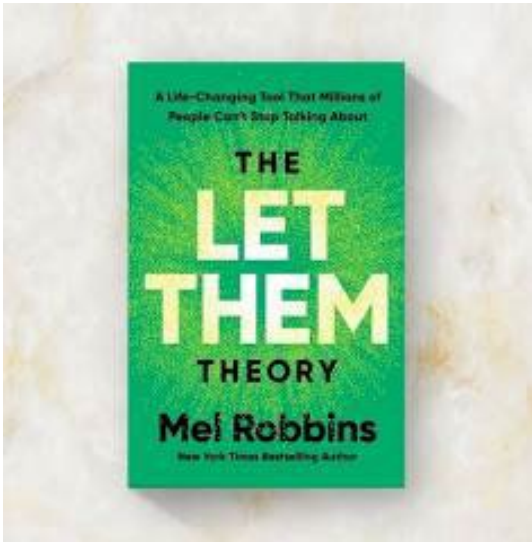
- The Hervey Bay Botanic Gardens features a Chinese Garden and a rainforest area that feels worlds away from the hustle and bustle. Pull on your walking shoes and apply some bug protection before you head off.
- Leave your phone in the car.
 - Walk slowly through the Orchid House or take the gentle pathways through the rainforest.
- Stop to touch the rough or smooth bark of a tree, or pause to smell a flower.
- Run your fingers down a strappy leaf.
- Wander through the gardens towards the Esplanade and discover the magic of walking the Labyrinth in silence.

Mindful Beachcombing at Point Vernon

- Head to the rocky outcrops or the quiet sandy stretches of Point Vernon at low tide.
- Walk slowly with your eyes cast downward, not looking for anything in particular, but simply noticing what the tide has left behind.
- Focus on the different textures you see: the intricate patterns on a piece of driftwood, the smooth surface of a sea-glass pebble, or the fragile architecture of a pipi shell.



- Stop for a moment and take off your shoes. Feel the transition of temperature as you move from the warm, dry sand to the cool, damp shoreline.
- Notice the "micro-movements" around you—a soldier crab scurrying into a hole or the way the wet sand glisten and fades after a wave retreats.
- By focusing on these tiny details, you allow your busy mind to "downsize" its worries and simply exist in the present moment.



Mel Robbins' [The Let Them Theory](#) offers a simple, actionable framework for personal peace by focusing on what you can control (yourself) rather than trying to change others, encouraging acceptance and detachment for greater freedom, with reviews highlighting its accessibility, motivational power, and grounding in Stoicism, though some critics find it too simplistic or potentially dismissive of deeper issues like trauma, suggesting it's best for those seeking a fresh perspective on boundaries and self-focus.

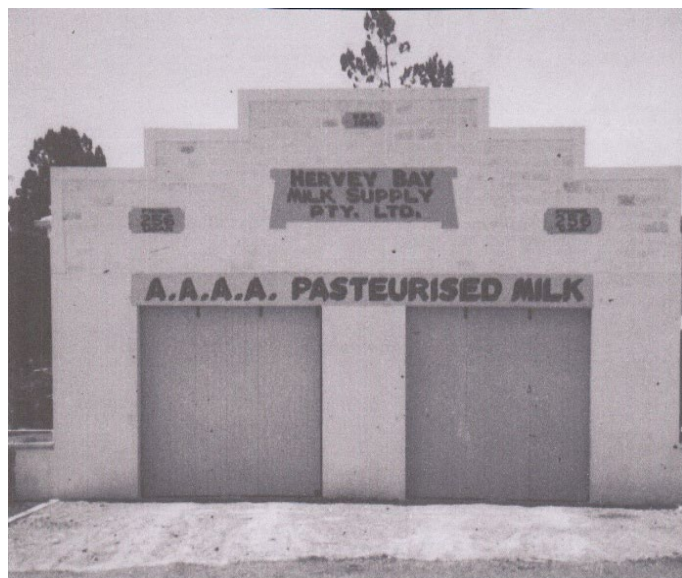
Key Concepts & Strengths

- **Mindset Shift:** The core idea is to stop wasting energy trying to control or change others' opinions, behaviours, or choices, and instead focus on your own responses and path, as described in *The Let Them Theory* by Mel Robbins.
- **Practical & Accessible:** Robbins uses relatable stories, neuroscience, and simple language to make complex ideas from Stoicism and psychology easy to grasp, making it a quick and motivational read.
- **Empowerment:** It helps readers reclaim personal power by accepting what they can't change, leading to less stress, anxiety, and emotional turmoil.
- **Application:** The theory applies to work, relationships, and personal goals, offering tools to set boundaries and pursue your own dreams without being held back by others' judgments.

Criticisms & Limitations

- **Oversimplification:** Some find it glosses over deeper issues, trauma, or systemic barriers, potentially leading to a lack of empathy or nuance in complex situations.
- **Individualistic Focus:** The emphasis on personal mindset might underplay the importance of community, negotiation, and collective responsibility in relationships, say *psychologists* on Mel Robbins' viral *Let Them Theory*.
- **Trauma-Informed Concerns:** Advice to let people face "natural consequences" can be harmful to trauma survivors who need compassionate support, not perceived abandonment, note Goodreads users. *he Let Them Theory* is a popular, straightforward self-help tool for regaining control and finding peace by focusing inward. While excellent for those new to mindset work or seeking simple boundary-setting, readers with complex emotional or trauma histories might need more depth, as it can oversimplify human connection.

REMEMBER THIS ! in the 60's the Centre when it was a Milk depot and Ice Works
Courtesy of Facebook Kirsten Woodall-Hall & Delma Taylor (Hervey Bay the Good old days)



**THE HERVEY BAY
MILK SUPPLY PTY.
LTD.**

advise that full supplies of
AAAA PASTEURISED MILK
are still available to residents of the Hervey Bay
area
'Phone your orders to URANGAN 256, or leave at
the Company's cold storage depot —
28 Truro Street, Torquay
REGULAR EARLY MORNING DELIVERIES



Les Woodall's milk truck drive. By Darryl woodall , Mid 60's





Scarness
Park



EASY PEASY RECIPE

Though too late for Australia Day, it is true Aussie fair anywhere, anytime in Australia. Plain or with raisins, served with lashings of Golden Syrup or savoury on a stew. Easy and cheap, just remember to knead gently.

Ingredients

- 3 cup plain flour
- 1 tsp salt
- 1/3 cup butter, softened.
- 1 cup lemonade

Topping

- 3 bacon rashers finely chopped
- 1 cup cheese grated
- 1/4 cup spring onion diced

Method

- Sift flour and salt into a bowl.
- Combine butter and liquid then add to the bowl.
- Mix with a blunt knife until just combined.
- Place on a slightly floured board and knead gently for approx 30 seconds.
- Place on a tray and shape into a circle or (Alternatively, shape dough into 8 rounds) score a cross into the top and sprinkle with toppings.
- Bake at 210C for 10 mins. Reduce heat to 180C and bake a further 15-20 mins or until golden and sounds hollow when tapped.

RECIPE NOTES from [Australia's Best Recipes team](#)

You can use lemonade, beer, milk, water or a combination. Baste with a little milk for an extra golden finish.

Plain damper may be made into single serves - roll out and use a cookie cutter to create single serving scones. Bake at 180C for 15-20 minutes, or until golden.



Do you have a favourite recipe you would like to see in the next newsletter.

You are welcome to share. Send to info@wbwhc.org.au

Just a thought-

Elevate your humble glass of water by adding some lemon. This simple move has big benefits for your health, helping kickstart digestion while you stay hydrated, and giving your immune system a nice little vitamin C Boost. It may help some with bloating and gives skin a healthy glow. It also helps if you struggle to drink plain water.

Did you know Avocados are a berry ! Botanically speaking, Yes with their fleshy middle and single seed, they tick all the botanical boxes. These green gems are packed full of healthy fats, fibre and vitamins. Next time you're enjoying smashed avo on toast, remember you're actually eating a berry, be it a creamy, savoury and satisfying one! Yum!

OTHER SERVICES

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.** Volunteer: Join our team of volunteers and make a direct impact by cooking, serving, or supporting behind the scenes.

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**

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

Providing Women in the Fraser Coast – Wide Bay Area, access to holistic preventive healthcare. This is a free and confidential service for women, no referral needed.

- Cervical Screening
- Health information
- Breast awareness and education
- **Any other health matters** you wish to discuss

Make an appointment by calling Wide Bay Hospital and Health Service. 1300 090 760 or make a booking online https://www.widebay.health.qld.gov.au/services/womens-health-clinics/womens-health-clinics-maryborough-hospital#section__appointments

Resilient Connections Chat With Friends



**Third Wednesday Each Month
10.30am to 11:30am**

**Urangan Community Wellness Centre
\$5 for morning tea, plus tea and coffee**

Join us for a cuppa and chat at our monthly Resilient Connections Program 'Chat with Friends' morning tea. It's a no-pressure, casual gathering where you can meet new people, find out what is happening in your area and connect with information about health, wellbeing and disaster preparedness. Bookings essential. Book at www.hbnc.com.au/events or phone 4194 3000. Cancellations made within 48 hours of the event are non-refundable and non-transferable for future events.



This event is funded by Country to Coast (Queensland) through the PHN program and is supported by the Resilient CARE program.

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

Facebook

Website: www.wbwhc.org.au

Copies of flyers for workshops advertised
in this newsletter are available at the
centre

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

CONTACT NUMBERS

Alcohol & Other Drugs	1800 177 833
Community Health H 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 only, 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 and put to good use.

Counsellor or Workshop Bookings.

We realise that at times not being able to attend an appointment is unavoidable, but please be mindful if you cannot attend a booked counselling or workshop session. PLEASE phone the Centre to cancel as soon as possible.

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.

Zenda

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**Wide Bay Women's Health Centre
PO Box 5003, TORQUAY QLD 4655**