

Contact Us

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website:

shoalhavenwomenshealthcentre.org.au

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Shoalhaven Women's Health Centre

Service Fees - Jan 2014

The following service fees apply:

Counselling: \$10.00 Voluntary contribution

Massage/Reiki: \$25.00 Health Care Card Holder
\$45.00 Non Health Care Card Holder

Herbalist: \$20.00 Health Care Card Holder
\$35.00 Non Health Care Card Holder
The cost of herbal remedies are in addition to the consultation fees

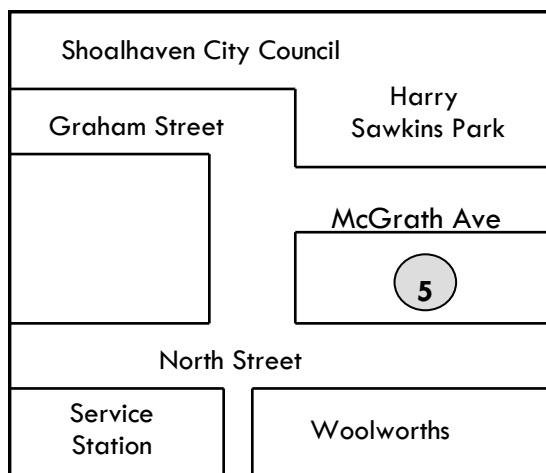
Women's Health Nurse: no charge

Information and Referral: no charge

Groups/ Workshops/ Other Activities: contact the Centre for information on the costs for these services, most groups/ workshops are gold coin donation

Please note that these costs may change from time to time, so please check to make sure they are still current

Shoalhaven Women's Health Centre



OPEN Monday -Thursday
9:00am - 4:00pm
Closed for lunch 12.30 -1.30pm

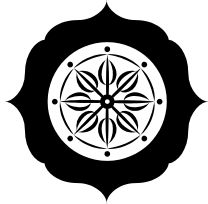
Ask us about becoming a SWHC Member!

S W H C I S F U N D E D
M A I N L Y T H R O U G H
I L L A W A R R A
S H O A L H A V E N L O C A L
H E A L T H D I S T R I C T

Shoalhaven Women's Health Centre empowers women to take control of their health and wellbeing through the provision of accessible, holistic Health Services within a caring, Feminist environment

About Shoalhaven Women's Health Centre

Shoalhaven Women's Health Centre (SWHC) is a community managed, not for profit organisation that provides a range of services and activities to enhance the health and wellbeing of Shoalhaven women. Known for our supportive, friendly, professional, caring and confidential services, we have a wonderful team of qualified and experienced staff. We are always keen to improve our services, so please feel free to provide feedback



Services & Activities

Counselling

Counselling on a wide variety of issues including depression, anxiety, grief, sexual assault, stress, parenting, sexuality and relationships is available at the Centre

Herbal Medicine

This service may include iris diagnosis, herbal remedies, vitamin and mineral therapies, and information and advice on nutrition

Massage / Reiki

Therapeutic and remedial massage is available 2 days per week. Reiki is also available on request on a Tuesday. Massage helps relieve body aches and pains, may improve mobility and musculoskeletal function. Reiki (universal life energy) is a non intrusive method of hands on healing which may assist the body and mind to achieve a greater sense of well being

Meditation / Relaxation

Benefits of meditation/relaxation include increased confidence, self control, concentration, inner certainty and health. Meditation also increases the ability to focus and let go of negative emotions such as anger and anxiety as well as improving the posture. Please phone to find out when the next group begins

Women's Health Nurse

Each Tuesday, the Centre hosts a NSW Health Well Women's Clinic where women can access a range of services including pap smears; breast checks; diaphragm fitting; and education/information on a variety of issues including contraception, PMS, menopause, sexually transmitted infections and hormone replacement therapy

Workshops

The Centre runs a range of day and half day workshops on a variety of topics including:

- Menopause
- Stress Management
- Relaxation
- Nutrition
- Self Esteem
- and more!

Information & referral

The Centre is able to provide women, community members and groups with a wide range of information and referral options including pregnancy and termination so give us a call or drop in

Please contact us to find out
what else is happening at
SWHC

Making Appointments

You can phone us or drop by to make an appointment and need to make an appointment for all our services and activities. However, we are able to provide information and discuss referral options without an appointment. Please note that we are not always able to answer the phone so please leave us a message and we'll get back to you as soon as we can

Volunteering

The Centre offers some opportunities for women to volunteer for specific duties and projects. Please contact the Centre to find out see what opportunities are currently available

Women's Biz

Women's Biz is our regular newsletter filled with up and coming activities and events, and interesting information. Copies are available from the Centre and members receive regular newsletters