

# Contact Us

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swhc@swhc.org.au

5 McGrath Ave, Nowra NSW 2541

PO Box 314, Nowra NSW 2541

OPEN Monday—Friday  
9:00am - 4:00pm

Please ask about our outreach locations

## Notes:

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Ask us about becoming a SWHC Member  
It is only \$5 per year

[www.shoalhavenwomenshealthcentre.org.au](http://www.shoalhavenwomenshealthcentre.org.au)

Find us on 

## Service Fees - July 2020

The following service fees currently apply, but please note that costs may change from time to time. Please check to make sure these fees are still current.

**Counselling:** \$10.00 Voluntary contribution

**Massage/Reiki:** \$30.00 Health Care Card Holder  
\$50.00 Non-Health Care Card Holder

**Financial Counselling:** Free

**Naturopath:** \$10.00 Health Care Card Holder  
\$30.00 Non-Health Care Card Holder  
The cost of supplements 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 groups/workshops, as they may incur a fair and reasonable cost or a gold coin donation.



TRANSLATING  
AND  
INTERPRETING  
SERVICE

Immediate Phone Interpreting  
is available **131 450**  
(24 hours, every day of the year)



# Information Booklet



SWHC is funded by  
Illawarra Shoalhaven Local Health District and  
The Commonwealth Department of Social Services.

# 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, supported by qualified and experienced staff.

Empowering women to take control of their health and wellbeing.

## Services & Activities

### Counselling

Counselling supports a wide variety of issues including depression, anxiety, grief, sexual assault, stress, parenting, sexuality and relationships.

### Natural Medicine

Assistance with managing your health by exploring underlying causes with the aim to assist the body to heal itself. A consultation will include nutrition, dietary education, herbal medicine and advice on lifestyle changes.

### Financial Counselling

Financial counselling is a free, confidential and non-judgemental service that can assist those in financial difficulty to explore their financial options. This includes providing information and advice on creating sustainable budgets, planning for changes in income and expenses, setting goals and managing debt, including advocating for you with creditors.

### Massage / Reiki

Therapeutic and remedial massage is available 2 days per week. Massage helps relieve body stresses and may improve mobility and musculoskeletal function. Massage is offered on a priority basis. Reiki is also available on request. 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.

### Women's Health Nurse

The Centre hosts an ISLHD Well Women's Health Nurse. Women can access services including cervical screening; breast checks; and education/information on a variety of issues including contraception, PMS, menopause, information on 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:

- Stress Management
- Assertiveness
- Self Esteem
- Women's Wisdom
- Social Support
- Financial Wellbeing
- Nutrition
- Digestive Health
- Arthritis
- Meditation
- Legal Clinic (outreach)
- 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.

### Making Appointments

You can phone us or drop by to make an appointment. Our Reception Staff are able to provide information and referral options without an appointment. If contacting us out of hours, please leave a clear message on our answering machine.

### Volunteering

From time to time, opportunities for women to volunteer will become available. Please contact us to find out what opportunities may be available.

### Women's Biz

Women's Biz is our regular newsletter detailing upcoming activities and events. Copies are available from the Centre or ask to join our email list.

