



SWHC/We would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community.

We pay our respects to Elders past and present and are committed to making a positive contribution to the social and emotional wellbeing of Aboriginal and Torres Strait Islander women, by providing services that are welcoming, safe, culturally appropriate, and inclusive.

5 McGrath Avenue, Nowra 2541

PO Box 314 Nowra NSW 2541

Telephone: 02 4421 0730

Email: swhc@swhc.org.au

www.shoalhavenwomenshealthcentre.org.au

www.facebook.com/shoalhaven.womenshealthcentre



Empowering * Supporting * Enriching

Shoalhaven Women's Health Centre (SWHC) empowers women to take control of their own wellbeing by providing multidisciplinary health and intervention services in a caring, feminist environment.

Funded by Illawarra Shoalhaven Local Health District & Commonwealth Department of Social Services

Membership of the SWHC

Become a member of the SWHC Association.

Being a member of our Association helps to support the valuable work we do with the Women of the Shoalhaven region.

Only \$5.00 per annum and receive your copy of the Women's Biz.

Renewals are due 1 November each year

Attention Clients

Procedure: Infection Control SOP5 1.5-V1

Due to the nature of our work, we wish to protect the health of our clients, our staff and our volunteers.

If you attend an appointment at the SWHC and you are suffering with a **communicable airborne disease** or an **infectious illness**, your appointment for the day may be cancelled at the time of attending. To avoid this situation, *please advise ahead of time* and we will endeavor to reschedule your appointment.

SWHC seeks to protect the health and wellbeing of all who attend and work in the centre.

Thank you for your understanding and consideration.



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

Free Legal Clinic at SWHC

Do you have legal issues affecting you and your children but don't know what to do next?

Liz Parnell is the Principal of Parnell + Brien Solicitors. Liz, in conjunction with her solicitor, Isabel Arenas Mangan is offering free legal advice for SWHC clients in the following areas:

- Family Law - Property & Parenting
- Conveyancing
- Wills & Estates - Wills, Power of Attorney, Enduring Guardian and Estate Disputes

Each appointment is 1 hour, so this is an opportunity to discuss your legal issues in a supportive environment. They will help you understand the law and identify the next steps needed to resolve your legal issues.

We offer free estate planning for clients who receive Centrelink benefits.

Wednesdays

24 January

7 or 21 February

13 or 27 March

10 or 24 April

BY APPOINTMENT ONLY on 4421 0730



Time to Take Control Reboot Your Budget

Understand your approach to money and create a realistic and sustainable budget.

Many people have tried some sort of budget before, but for one reason or another it has not worked out. This Workshop takes what you may have already considered, and builds on that to help you create a budget that is realistic and sustainable by thinking about:

- Your motivation to get your finances in order.
- Your relationship with and attitude towards money.
- Your emotions around money - how and why we spend.
- How having a budget can be helpful and how to go about it.

Wednesday 20 March 2024

9.30am-12.30pm

****FREE****

Bookings Essential Call 4421 0730



Women's Wisdom Group



For Women who have
experienced a relationship that
made them feel bad

Would you like to learn skills to help you
feel happier, choose healthier relationships,
communicate better and manage
depression, guilt and anxiety?

Come and join us at SWHC for this
6-week Skills and Personal Development Program.

Each Tuesday from

20 February until

Tuesday 26 March 2024

10am-12.30pm



FREE

Bookings

Essential

4421 0730



FAMILY
ADVOCACY
& SUPPORT
SERVICES

Funded by the Australian Government



An Australian Government Initiative

Community Outreach

SHOALHAVEN WOMEN'S HEALTH CENTRE

3rd Thursday every month 2024

10am - 2pm

5 McGrath Avenue Nowra



If you have experienced family violence, or someone says you have used violence and you have a family law issue, come and speak to our Social Support Worker to see how we can assist. This service for women is FREE and can also support family members like grandmothers and aunts. Call 0411 103471 to speak with your local FASS Support Worker or to make an appointment, otherwise drop in on the 3rd Thursday of the month.

Women
ILLAWARRA
EST. 1974



Ulladulla Outreach

Shoalhaven Women's Health Centre
will provide services from
Ulladulla Community Health Centre.

Counselling on Fridays

Appointments essential

Sanctuary Point Outreach

Shoalhaven Women's Health Centre
will provide services from the
Sanctuary Point Youth & Community Centre.

Financial Counselling on alternate Thursdays

Appointments essential

Contact SWHC
for more information on

4421 0730

Drumming Workshop

Bookings Essential
Phone: 4421 0730

Term 1 commences
1 February to 21 March 2024

We meet each Thursday
from 5.45pm-6.45pm over 8 weeks.

\$120 per term including drum hire
\$100 per term if you bring your
own drum.



A graphic for International Women's Day. It features a central pink globe with the word 'International' arched over it. Below the globe is an orange banner with the word 'WOMEN'S' in white, stylized letters. At the bottom, the text 'Friday 8 March 2024' and 'Day' are written. The background is a green and white checkerboard pattern. On the left side, there are several stylized portraits of women of various ethnicities and ages, wearing different colored clothing.

Introduction to Meditation

Come and take some time out
and learn simple mindful
practices to help still your
mind and create calm.

Thursday 4 April 2024
9.30am-11am

Bookings Essential
Phone: 4421 0730

Complimentary
Therapist
Naturopath



Come and see our alternate therapist for diet, nutrition and herbal medicine advice

One on one appointments available on a Thursday with
Carolyn Lette DBM, Dip NUT.

Carolyn is now using her skills in this area to add to the work she already undertakes at our Centre.

This is a great opportunity for our existing and new clients to receive this service all under the one roof.

Consultation Fees

\$10 Health Care Card Holder

\$30 Non Health Care Card Holder

By Appointment Only 4421 0730



Sweet Poison

WORKSHOP

- Do you eat too much sugar?
- Do you have or are you on the way to having Type 2 Diabetes?
- Do you suffer from recurring thrush/candida?
- Do you NAFLD?
- Are you overweight?
- Do you have heart disease?
- Is your body riddled with inflammation and pain?
- Does your mental health need improving?
- Do you want to tame your sugar cravings?

If you have answered YES to any of the above, then this Workshop is for you.

We will explore everything sugar, from the ill effects, to how to quit or cut down the sweet poison.

Sugar is very addictive!

Come along and get support as we take on the challenge together.

Thursday 11 April 2024

10am-1pm

Bookings Essential

Phone 4421 0730

Women's Health Nurse

Women can access a range of services including:

- Breast checks
- Cervical Screening
- Pelvic floor muscle assessment advice
- Information on pre-conception
- Pregnancy
- Pregnancy options
- Postnatal issues
- Contraception information
- Menopause
- Osteoporosis

To make an appointment with the
Women's Health Nurse
Phone: 0401 991 684 or
1300 792 755

Menopause Know the Facts

Contact Lizz Gerlowska
Clinical Nurse Specialist in Women's Health for
Illawarra and Shoalhaven Local Health District
to discuss your symptoms, medical and non-
medical treatment options and menopausal
mental health.

Call **Lizz** on **0401 991 684**
to make an appointment today

*Vision Board & Goal
Setting Workshop*

The start of a New Year gives us the opportunity to make a new start, to refresh and set goals for the year.

Many people make New Year's resolutions, but often they get forgotten by the end of January, and many give up on setting goals for themselves altogether. In this workshop we will discuss the common pitfalls of goal setting and ways we can keep moving towards our values and goals, even in challenging times.

A vision board is essentially a collection of words and images on a board that encapsulates all the things we'd like to be, do and have in our life. They are used to keep us motivated, focused and on track with what's important in our life.

Whether you're new to art, or you have some experience, this is a fun way to start the year and you are welcome to come and try this out.

Friday 23 February and Friday 1 March 2024
9.30am-1pm

Cost \$5 for materials
Bookings Essential
Phone 4421 0730

FREE

Period & Incontinence Products
available at SWHC

Donated by



share*thedignity*

**We thank you for your contribution to
attend our Workshops.**

**Your support enables us to continue to
provide services to the women of the
Shoalhaven.**

**For bookings please call
4421 0730**

**To ensure Workshops go ahead, please
confirm your attendance.**



Illawarra Women's Health Centre

Free

Telephone Counselling

1800 82 55 44

Monday & Thursday

8am-4pm

Confidential

Qualified and experienced
Counsellor

(School holidays: Monday & Thursday
12:30-8:30pm)

Illawarra & Shoalhaven

No referral required

2 March - Writer's Afternoon

Time: 2pm-4pm

Venue: Library Meeting Room at
Nowra Library

Cost \$5

Contact: Andrea 0491 012 501



10 March - Bushwalk

Time: 9.30am

Venue: Mt Bushwalker Trackhead

Cost: Free

Contact: Ronnie 0408 409 152



2 March - Trivia Night

Wear purple, BYO drinks and nibbles

Time: 6pm-9pm

Venue: Dunn Lewis Centre, Ulladulla

Cost: \$10 entry

Contact: Dawn 0439 034 970



16 March - Women's Dance

Time: 6.30pm

Venue: Tomerong Hall,
Tomerong

Cost: \$20

Contact: Marg 0459 153 620



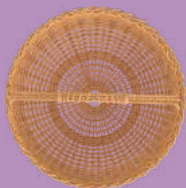
3 March - Weaving Stories-Making Time

Time: 1pm-4pm

Venue: Lyrebird Sports Park,
Jervis Street, Nowra

Cost: Free

Contact: Lissa 0478 193 533



20 March - Meditation

Time: 6pm

Venue: Hanging Rock Nowra
Showground

Contact: Colleen 0410 460 345



9 March - Women Performing

Time: 6.30pm-10pm

Venue: Huskisson Community Centre

Cost: \$10 entry

Contact: Lyn 0439 572 587

To apply to perform email:
shoalhaveniwd@gmail.com



All events are for women only
Payment for events will be cash only

Email: shoalhaveniwd.org

Website: shoalhaveniwd.org

