

# Illawarra Women's Health Centre



Monthly Newsletter: January 2026

## UPCOMING EVENTS



### SOCIAL MORNING TEA

**DATE:** Friday the 9<sup>TH</sup> January

**TIME:** 10:30am - 11:30am

**COST:** Free!

Come along to our social gathering group fortnightly morning teas to indulge in delicious food, share and connect. Please notify of dietary requirements when booking; contact us on 4255 6800.

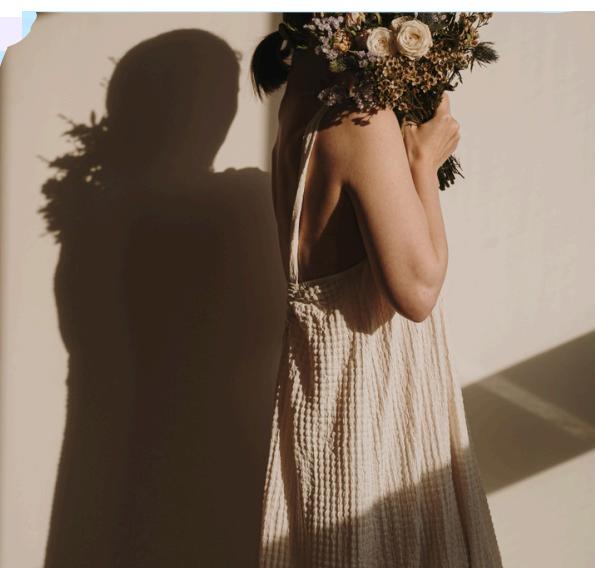
### MEDITATION - NORTH SITE

**DATE:** Thursday the 8<sup>th</sup> of January

**TIME:** 9:30am - 10:30am

**COST:** Free!

Join our Counsellor Kristy for an introduction into meditation. Be guided through different styles of practice including, visual, moving, grounding, sensory and more. Please call the Centre to register your interest 4255 6800



### VISION BOARDS

**DATE:** Friday the 16<sup>th</sup> of January

**TIME:** 10am - 12pm

**COST:** Free!

Through grounding meditation and meaningful reflection exercises, give shape to hopes, dreams and desires for the new year.



## **STRETCH CLASS**

**DATE:** Wednesday the 11th February

**TIME:** 9:45am - 10:30am

**COST:** Free!

Come and join our free stretch class every second Wednesday of the month. Great for increasing flexibility, preventing injury, improving circulation and so much more.

To register, call the Centre on 4255 6800

## **DRUMMING**

**DAY:** Mondays, returning 2<sup>nd</sup> of February

**TIME:** Beginners: 6-7pm | Advanced: 7-8pm

**Cost with own drum:**

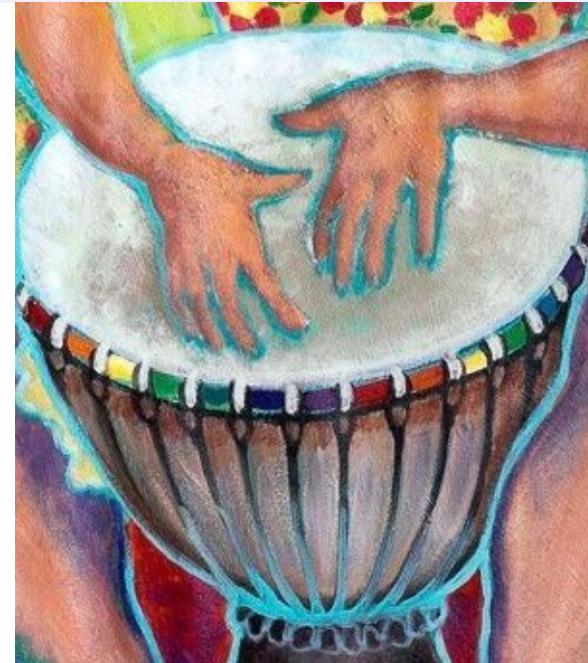
\$100 upfront for 8 weeks or \$15 casual lessons

**Cost with drum hire:**

\$120 upfront for 8 weeks or \$18 casual lessons

Find your rhythm, no prior music skills required!

A fun way to express yourself.



## **CRAFT CONNECTION**

**DAY:** Tuesdays, returning 13<sup>th</sup> January

**TIME:** 11:30am-2:30pm

**COST:** Free!

Bring along whatever craft project you are working on at the moment and connect with other women. All abilities and levels welcome; no experience required! All ages welcome.

# CENTRE GROUP INFORMATION- Call to book (02) 4255 6800



MR JOHN CITIZEN  
18 SAMPLE STREET  
MOMAHONS POINT NSW 2060

**PAY NOW**

Pay your fine now or lose your licence, possessions or money from

Unpaid Fine	
Reference Number:	123456789
You owe:	\$999.00
You must pay by:	29 MAY 2012
Payment Reference Number:	123456789
To pay now, call:	1300 130 112
For more information, go to: <a href="http://www.sdro.nsw.gov.au">www.sdro.nsw.gov.au</a>	

## WORK DEVELOPMENT ORDER

Have you recently received a fine and are unable to pay it? Make an appointment with the Centre to discuss how we can support you. Contact us on 4255 6800.

## BELLY DANCING

**DAY:** Tuesdays, returning 10<sup>th</sup> February

**TIME:** 7:00pm-8:30pm

**COST:** \$40 for 4 weeks

Laugh, Wiggle & Giggle! Have fun and get fit while learning the art of belly dancing. No experience required!



## CARERS SUPPORT GROUP

**DAY:** Tuesdays, returning 3<sup>rd</sup> February

**TIME:** 10:00am-11:30am

**COST:** Free!

Are you providing care for a family member, friend or neighbour who has a disability, mental illness, chronic illness or is frail? Come along to our Carer Support & Social Group and meet others, share stories and find out what is out there for you.

## MASSAGE

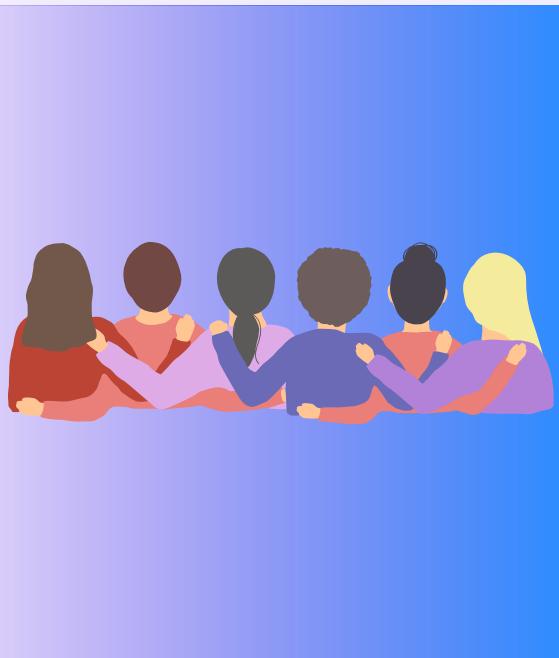
**DAY:** Tuesdays & Thursdays

**TIME:** 9:00am-5:00pm

**COST:** 1 hour - \$45 (\$35 concession)

Therapeutic and pregnancy massages with Abby. Be soothed as stress and tension are released and you are ground in your body through massage.





## WEAVERS PROGRAM

Our Weavers Program offers free support for women of all ages caring for someone living with dementia. A woman-to-woman connection can provide support, friendship and a caring pathway companion. Our facilitator Sharon, will provide monthly connection chats, provide helpful resources regarding specific groups and activities in our communities.

Contact the Centre or Sharon on 0492 857 827.

## CHRONIC PAIN SUPPORT GROUP

**DAY:** Thursdays, fortnightly, returning 8<sup>th</sup> January

**TIME:** 12:30pm-1:30pm

**COST:** Free!

Come along to a peer-led support group, in partnership with Chronic Pain Australia, for people who live with chronic pain. You will get to meet with other people living with chronic pain, share ideas of positive coping skills, find connection and improve your quality of life.



## GARDENING GROUP

**DAY:** Wednesdays, returning 7<sup>th</sup> January

**TIME:** 10:00am-12:00pm

**COST:** Free!

Connect with other women whilst gardening, enjoying our beautiful outdoor space, soak up the sunlight & fresh air! Bring lunch along if you like. No need to worry about the weather, if it's raining the group meets indoors and makes windchimes or suncatchers. Materials supplied or you can bring your own. No experience required, please wear covered shoes, hat & sunscreen.

# CENTRE GROUP INFORMATION- Call to book

(02) 4255 6800



## BE YOU YOGA

**DAY:** Wednesdays, returning 11<sup>th</sup> March

**TIME:** 12:30pm-1:30pm

**COST:** \$10 per session

"You don't have to be good at yoga for yoga to be good for you."

A safe, inclusive space for all abilities and skill levels. Practicing yoga and meditation is not only fun, but a way of nurturing yourself physically, emotionally, mentally and spiritually.

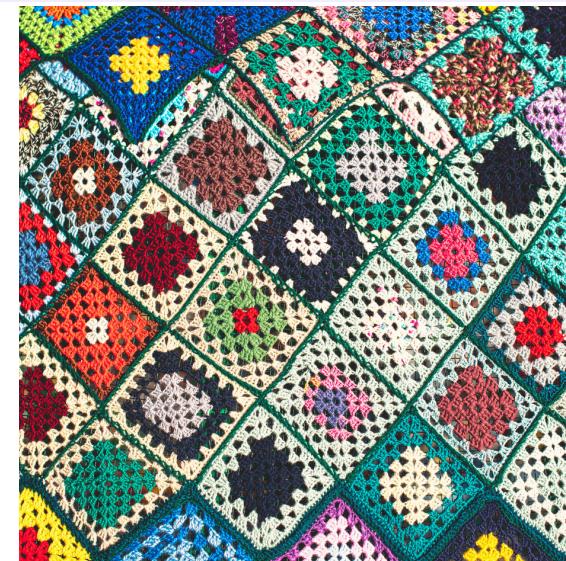
## CROCHETING GROUP

**DAY:** Fridays, fortnightly, returning 13<sup>th</sup> February

**TIME:** 10am-12pm

**COST:** Free!

Looking for a creative outlet or a way to connect with like-minded women? Our group is the perfect place to unwind, get crafty, and make friends! Beginners and experienced crocheters are welcome, bring your projects or start fresh. Come and discover the fun of crocheting!



## UKELELE

**DATE:** Thursdays, returning 22<sup>nd</sup> of January

**TIME:** 2:00 - 3:00pm

**COST:** Free!

Fun, beginners social music group! Bring your own instrument; everyone is welcome!

## PILATES

**DATE:** Wednesdays, returning 4<sup>th</sup> February

**TIME:** 7:30 - 8:30am

**COST:** \$10 per session

Join us for an invigorating, beginner friendly mat Pilates experience that will empower you to reach your full potential. Call the Centre to be placed on the waitlist 4255 6800.



# CENTRE GROUP INFORMATION- Call to book

**(02) 4255 6800**



## AROMATHERAPY

**DAY:** Fridays, monthly, returning 23<sup>rd</sup> of January

**TIME:** 3:00pm-5:00pm

**COST:** \$10 (includes take-home items)

Learn about the benefits of essential oils in your home or for your health. Learn how to make a different product each month.

\*Contact Kim on 0414 918 452 for the next session date

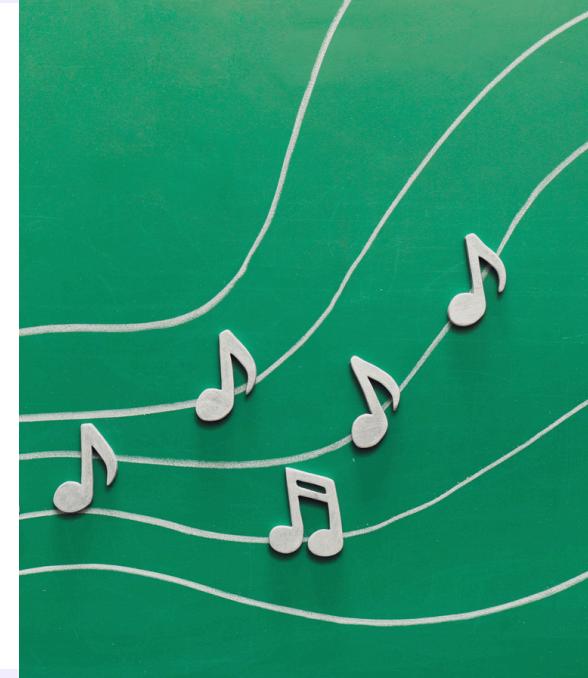
## MUSICAL MOMENTS

**DAY:** Thursdays, returning 8<sup>th</sup> of January

**TIME:** 10:30am-12:00pm

**COST:** Free!

Social music group for women with disability; this group has many beneficial effects. It provides sensory stimulation and can help to improve an individual's physical, mental, social and emotional well-being. Music is powerful, provides numerous health and wellness benefits, is far reaching and accessible.



## IRISH MUSIC ON THE TIN WHISTLE

**DAY:** Thursdays, returning 22<sup>nd</sup> of January

**TIME:** 1:00pm-2:00pm

**COST:** Free!

This fun, social group teaches Irish music on the tin whistle and other instruments using traditional methods of learning by ear and modelling.

## **SOCIAL MORNING TEAS**

**DAY:** Fridays, fortnightly – 9th and 23<sup>rd</sup> this month  
**TIME:** 10:30am-11:30am  
**COST:** Free!

Come along to our social gathering group- fortnightly morning teas to indulge in delicious food, share and connect.  
Please notify of dietary requirements when booking; contact us on 4255 6800.



## **MEDITATION - WARILLA**

**DAY:** 1st Wednesday of the month-7th this month  
**TIME:** 9:30am - 10:30am  
**COST:** Free!

Join our Counsellor Karen for an introduction into meditation. Be guided through different styles of practice including, visual, moving, grounding, sensory and more.  
Please call the centre to register your interest 4255 6800



## **PLAYING WITH COLOUR**

**DAY:** Fridays, fortnightly  
**TIME:** 1:00 - 3:00pm  
**COST:** Free!

Social art group for women with disability; suitable for all skill levels.  
Runs fortnightly; contact the Centre on 4255 6800 for next date and to join the waitlist.



# CENTRE GROUP INFORMATION- Call to book (02) 4255 6800



## YOGA

**DAY:** Fridays, returning 6<sup>th</sup> of February

**TIME:** 9:00am-10:00am

**COST:** \$10 per session

In person AND online via Zoom; all levels and abilities welcome. Yoga mats available for use at no charge. Contact the Centre on 4255 6800 for Zoom link and more information.

## QIGONG

**DAY:** Fridays, returning 16<sup>th</sup> of January

**TIME:** 3:00pm-4:15pm

**COST:** \$6

Join Myra for a light exercise and meditation class to help in relaxation and breathing.

Contact Myra on 0412 966 823



## ALCOHOLICS ANONYMOUS

**DAY:** Saturdays

**TIME:** 2:00pm-3:00pm

**COST:** Free!

Sharing experience, strength and hope. Connect with other women and get support. The group follows the book "One Day at a Time" and includes afternoon tea.

Contact Debbie on 0421 283 313 or Danielle 0400 273 685





## **ILLAWARRA LEGAL CENTRE OUTREACH**

**DAY:** 2nd & 4th Wednesday of each month

**TIME:** Available in person or phone

**COST:** Free!

Do you need legal help?

Free legal advice with female solicitor

Domestic and Family Violence

Information, Support and Referral

To book, contact: 4255 6800

## **MONEY CLINIC**

**DAY:** By appointment, online & in-person

**TO BOOK:** Call 4255 6800 or email  
[moneyclinics@cwes.org.au](mailto:moneyclinics@cwes.org.au)

**COST:** Free!

Centre for Women's Economic Safety Money Clinics are for women who are concerned about money in their relationship, or who have experienced family or domestic violence and want to talk about money issues, no matter how big or small. Appointments can be in person, over the phone or online.



## **VINNIES VAN**

**DAY:** Thursdays

**TIME:** 3:30pm - 4pm

**COST:** Free!

The Vinnies Van will be visiting the Illawarra Women's Health Centre every week! Vinnies Vans are outreach services that provide meals and snacks, blankets, toiletries, hot beverages and, most importantly, companionship and referrals.



# SAHSSI

Supported Accommodation and Homelessness  
Services Shoalhaven Illawarra Ltd

## SAHSSI

**DAY:** Last Monday of each month

**TIME:** 9:00am - 12:00pm

**COST:** FREE!

SAHSSI are providing outreach service to the Illawarra Women's Health Centre. SAHSSI can provide housing support, housing forms, housing and rental information and applications and direct referrals.

No appointment required.

## MEDICARE MENTAL HEALTH- PEER SUPPORT



**DAY:** First Wednesday of the month.

**TIME:** 1:00pm - 3:30pm

**COST:** FREE!

Drop-in to the Centre for our outreach Medicare Mental Health peer support service

- General Enquiries
- Information on Medicare Mental health services
- Links to other services
- Have a chat with a peer worker
- Mental health support referrals

medicare

**Mental Health Centre  
Shellharbour**



## **NDIS SUPPORT**

**DAY:** 1st Thursday each month

**TIME:** 1:00pm-3:00pm

**COST:** Free!

Uniting NDIS Local Area Coordinators provide outreach services for women seeking support with NDIS. The service is able to provide support for women who are wanting help with applying for the NDIS as well as for women already with the NDIS who would like further support, information and advocacy.

## **FINANCIAL COUNSELLING**

**DAY:** Tuesday, fortnightly

**TIME:** By appointment

**COST:** Free!

Free, personalised, independent and confidential face to face support for women in financial difficulty by a financial counsellor.



## **CENTRELINK OUTREACH**

**DAY:** Mondays

**TIME:** 10:00am-12:00pm

**COST:** Free!

Do you need help with Centrelink or information on support you may eligible for? Book in to meet with the Community Engagement Officer from Services Australia on 4255 6800.

# CENTRE SERVICES INFORMATION



## COUNSELLING

**DAY:** Monday - Friday

**TIME:** 8:00am-4:00pm

**COST:** Free (no limit on sessions)

Free counselling services available with our team of qualified social workers/counsellors. No referral or mental health care plan required. Cost is free and there is no limit on sessions. Also available - free confidential telephone counselling, no referral required.

Please note: The waitlist is currently closed.

## WOMEN'S HEALTH

Range of bulk-billed sexual and reproductive health services: cervical screening, STI checks, contraception, continence management, pelvic floor health, breast checks & menopause support.



## SUPPORT

Caseworkers and support workers are available Monday-Friday:

- Domestic, family and sexual violence/abuse
- Crisis/emergency support
- Information, support, referral & advocacy
- Pregnancy options counselling



# LOCAL & PHONE SUPPORT SERVICES INFORMATION



## MENTAL HEALTH SUPPORT SERVICES

- Lifeline-provide 24/7 crisis support and suicide prevention services:
  - 13 11 14
- Beyond Blue is the national initiative to raise awareness of anxiety and depression, providing resources for recovery, management and resilience: 1300 22 4636
- Head Space is a government established National youth mental health foundation, providing mental and health wellbeing support, information and services to young people: 1800 650 890

## ABORTION ACCESS

For help and advice:

Family Planning NSW on 1300 658 886

Marie Stopes on 1300 658 886

For advocacy/local support options:

Call the Centre on 4255 6800



## HOUSING

Link2home is the state wide homelessness information and referral telephone service. It is available 24 hours a day, 7 days a week, every day of the year. For information, assessment or referral to homelessness services and support in NSW, call: 1800 152 152

- Domestic Violence Line: 1800 656 463

# NORTHERN SITE: WHAT'S ON



## MEDITATION

**DAY:** First Thursday of the month  
8th of January

**TIME:** 9:30am -10:30am

**COST:** FREE!

Join our Counsellor Kristy for an introduction into meditation.

Be guided through different styles of practice including, visual, moving, grounding, sensory and more.

## CLOTHING ROOM

**DAY:** Open Tuesdays. No appointment necessary

Browse through the clothes that have been generously donated to the Centre. All clothing is brand new. Feel free to take home any of the clothes that you like, free of charge.



## PICNIC IN THE PARK

**DAY:** Tuesday 3rd of February

**TIME:** 11:00am-12:00pm

**COST:** Free!

Join us for a delightful day filled with laughter, delicious food and the beauty of the great outdoors. Meet at Fairy Meadow Surf Club. Please call the Centre to book 4255 6800.

# Vision Board Workshop

Through grounding  
meditation and  
meaningful reflection  
exercises, give shape  
to hopes, dreams and  
desires

FREE!

Friday the 16<sup>th</sup> of January

10am - 12pm

CALL THE  
CENTRE TO BOOK  
4255 6800



# CENTRE GROUP TIMETABLE

## DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Centrelink Support</b> (By appointment) 9am - 12pm	<b>Carers Support Group</b>  10am - 11am	<b>Pilates</b> 7:30am - 8:30am	<b>Meditation</b> 8 <sup>th</sup> January <b>(Northern Site)</b>  9:30am - 10:30am	<b>Yoga</b> (Online & in-person) 9am - 10am
		<b>Walking Group (Nothern Site)</b> (Fortnightly)  8:45am - 9:45am	<b>Musical Moments</b>  10:30am - 12:30pm	<b>Centre for Women's Economic Safety Financial Counselling</b>  9am - 5pm
		<b>Meditation</b> 7 <sup>th</sup> January <b>(Warilla Site)</b>  9:30am - 10:30am	<b>Chronic Pain Support Group</b> (Fortnightly)  12:30pm - 2pm	<b>Crocheting Group</b> (Fortnightly)  10am - 12pm
<b>Financial Counselling</b> (By appointment)	<b>Craft Connections</b>  11:30am - 2:30pm		<b>Irish Music on the Tin Whistle</b>  1pm - 2pm	<b>Vision Board Workshop</b> 16th January 10:am - 12pm
			<b>Uniting NDIS Support</b> (By appointment)  1pm - 3pm	<b>Fortnightly Social Morning Teas</b> (9th and 23rd) 10:30am - 11:30am
	<b>Belly Dancing</b>  7pm - 8:30pm	<b>Gardening Club</b>  10:00am - 12:00pm	<b>Ukelele</b>  2pm - 3pm	<b>Playing with Colour</b> (Fortnightly) 12:30pm - 2pm
<b>African Drumming Class</b> Beginners: 6pm-7pm Advanced: 7pm-8pm			<b>Vinnies Van</b>  3:30pm - 4pm	<b>Aromatherapy</b> (Monthly) 3pm - 5pm
			<b>Illawarra Legal Centre</b> (By appointment)  2nd & 4th Wednesday each month	<b>Qigong with Myra</b>  3pm - 4:15pm
		<b>Be You Yoga</b>  12:30pm - 1:30pm		
		<b>Book Club</b>  7 <sup>th</sup> January  6pm - 7pm		
<b>SATURDAY:</b> <b>Alcoholics Anonymous</b> 2pm - 3pm				