

Illawarra Women's Health Centre



Monthly Newsletter: March 2026

UPCOMING EVENTS



INTERNATIONAL WOMEN'S DAY

DATE: Monday the 9th March

TIME: 10:30am - 1:00pm

COST: Free!

A relaxed morning of conversation and connection with local women, meaningful discussion and space to reflect on creating change together with a free lunch provided. Please contact the Centre to register 4255 6800.

WORKPLACES FOR CHANGE- LUNCH & LEARN

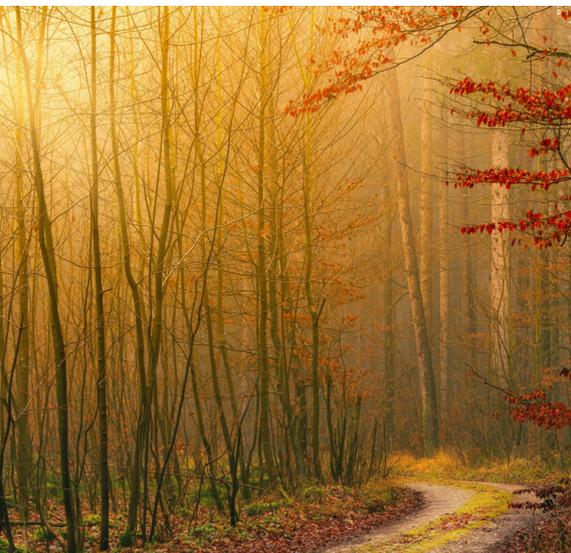
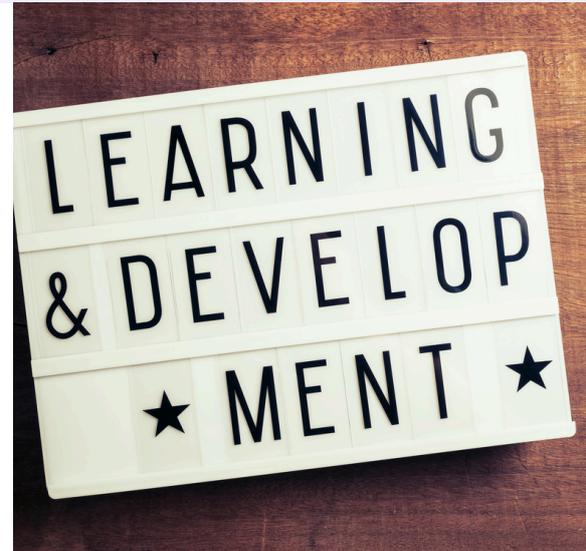
DATE: Tuesday the 10th March

TIME: 12:00pm - 1:00pm

COST: Free!

An online Microsoft Teams opportunity to listen, learn and explore how workplaces can take meaningful action to support staff experiencing violence and build more inclusive trauma informed workplaces.

To register visit <https://events-humanitix.com/lunch-and-learn-with-illawarra-women-s-health-centre>



BEAREAVEMENT WORKSHOP

DATE: Monday the 16th of March

TIME: 10:00am - 12:00pm

COST: Free!

This workshop is for anyone who has experienced the death of someone close to them. We will provide information about grief, different styles of grieving and ways to support and carry our grief.

Call 1300 068 458 to register your interest.



STRETCH CLASS

DATE: Wednesday the 11th March

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

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

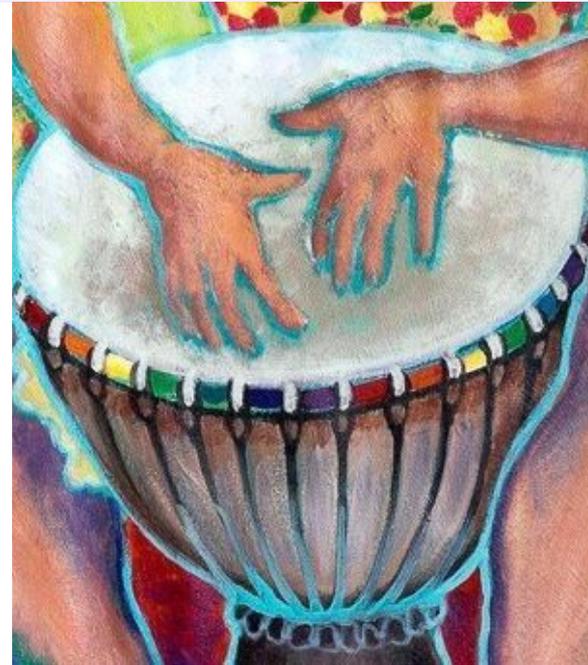
Cost with own drum:

\$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

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



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: www.sdro.nsw.gov.au	

PAY NOW

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

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

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

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

TIME: 12:30pm - 2:00pm

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.



WELLBEING WEDNESDAYS

DAY: Wednesdays

TIME: 10:00am - 12:00pm

COST: Free!

A program for women who have experienced violence and want to improve their mental health. Focusing on connecting with other women, self-care and wellbeing, building confidence and learning new skills.

Contact the Centre to register your interest on 4255 6800.

GARDENING GROUP

DAY: Wednesdays

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 11th 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

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.

TIME: 2:00 - 3:00pm

COST: Free!

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

PILATES

DATE: Wednesdays

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.

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

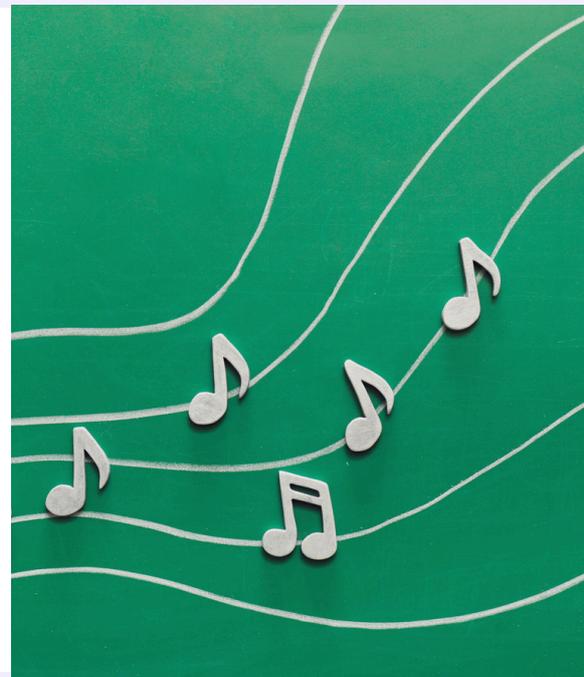
MUSICAL MOMENTS

DAY: Thursdays.

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

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 – 6th and 20th 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 - 4th March

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



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

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.

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

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

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.



SAHSSI

Supported Accommodation and Homelessness
Services Shoalhaven Illawarra Ltd

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
5th of March

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 March

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.



Easter MORNING TEA



FRIDAY 20TH MARCH

**Easter Craft, Lucky Door
Prize and Special Guests**

10:30am

Please call 4255 6800 to
register your interest



International Womens Day 2026

Monday 9 March 2026

A relaxed morning of conversation and connection with local women, meaningful discussion, and space to reflect on creating change together — with a free lunch provided.

10:30am - 1pm



nikolovskilawyers



Skin Care Workshop

MARCH 25TH
&
APRIL 1ST

10AM - 2PM

Learn how to look after the health of your skin and create your own skincare routine.

During this beginner friendly workshop, your trainer will work with you one on one to help you create a simple step by step skin care routine that you can easily follow at home.

Free for eligible participants

Call the Centre
to book your spot
on 4255 6800

CENTRE GROUP TIMETABLE

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centrelink Support (By appointment) 9am - 12pm	Carers Support Group 10am - 11am	Pilates 7:30am - 8:30am	Meditation 5 th March (Northern Site) 9:30am - 10:30am	Yoga (Online & in-person) 9am - 10am
International Women's Day 9 th March 10:30am - 1pm		Meditation 4 th March (Warilla Site) 9:30am - 10:30am	Musical Moments 10:30am - 12:30pm	Centre for Women's Economic Safety Financial Counselling 9am - 5pm
		Skin Care Workshop 25 th March 10am - 2pm		
Grief Workshop 16 th March 10am - 12pm	Picnic in the Park 3 rd March 11am - 12pm	Stretch 11 th March 9:45am - 10:30am	Chronic Pain Support Group (Fortnightly 5 th and 19 th) 12:30pm - 2pm	Crocheting Group (Fortnightly 13 th and 27 th) 10am - 12pm
	Craft Connections 11:30am - 2:30pm	Gardening Club 10am - 12pm	Irish Music on the Tin Whistle 1pm - 2pm	
Menopause Support Group 2 nd March 10am - 11:30am		Be You Yoga (returning 11 th March) 12:30pm - 1:30pm	Uniting NDIS Support (By appointment) 1pm - 3pm	Fortnightly Social Morning Teas (6 th and 20 th) 10:30am - 11:30am
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm	Lunch & Learn (10th March) 12pm-1pm	Illawarra Legal Centre (By appointment) 2 nd & 4 th Wednesday each month	Ukelele 2pm - 3pm	Playing with Colour (Fortnightly 13 th and 27 th) 12:30pm - 2pm
SAHSSI 30 th March 9am - 12pm	Financial Counselling (By appointment)	Medicare Mental Health 4 th March 1pm - 3:30pm		Qigong with Myra 3pm - 4:15pm
	Belly Dancing 7pm - 8:30pm	Book Club 4 th March 6pm - 7pm		
SATURDAY: Alcoholics Anonymous 2pm - 3pm				