

Illawarra Women's Health Centre



Monthly Newsletter: May 2026

UPCOMING EVENTS



Mums and Bubs Stretch Class

DATE: Wednesday 13th May

TIME: 10:45am - 11:45am

COST: Free!

Come along for a Mums and Bubs stretch class. Babies of all ages welcome. Please call the Centre to register your interest on 4255 6800

Dinner Table Project

DATE: Tuesday 12th May for 6 weeks

TIME: 5:00pm - 7:30pm

COST: Free for families with a child over 8 years

A program for families to eat together, have fun and grow closer through conversation.

Please call 42568000 to register your interest.



Collective Art Workshop

DATE: Thursday 14th May 10am - 12pm
Friday 29th May 1pm - 3pm

COST: Free

To celebrate our 40th anniversary we're creating a collective artwork that will be displayed at our Centre!

Sally Conwell will be facilitating two collective art workshops where you'll be able to create art and contribute to the broader artwork through textures, symbols and words. No art experience necessary. Call the Centre to register your interest on 42 556 800

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



STRETCH CLASS

DATE: Wednesday the 13th of May

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**

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

TIME: 9:00am - 4:00pm

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**

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: \$15 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

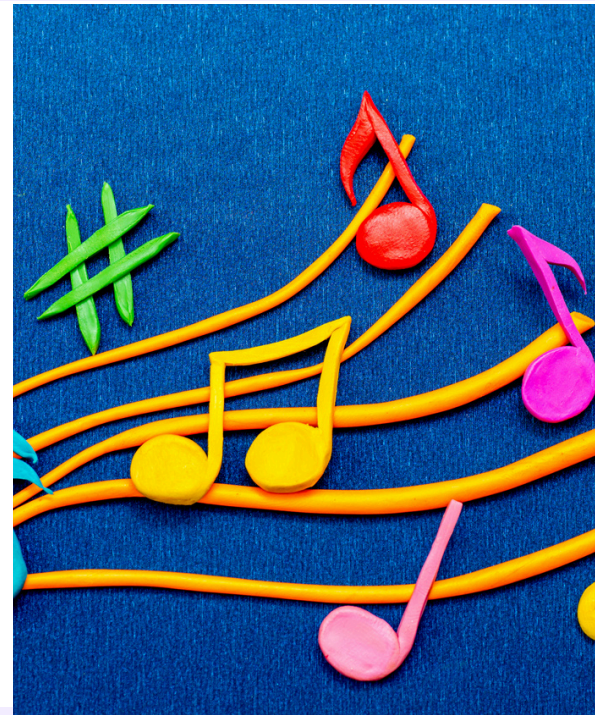
MUSICAL MOMENTS

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 – 1st, 15th and 29th 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 - 6th May

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.



SASSI

DAY: Last Monday of each month,
25th May

TIME: 9:00am - 12:00pm

COST: FREE!

SASSI are providing outreach service to the Illawarra Women's Health Centre. SASSI 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, 4th May

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 be 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
7th May

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.



ILLAWARRA WOMEN'S HEALTH CENTRE

40TH CELEBRATION

Fundraising Gala

MUSIC FOR CENTERING AND SUPPORT

Music and art are great tools to help us regulate and calm our nervous systems when we feel overwhelmed



This workshop is for people who are grieving following a death of a loved one.

Join us for a music and drawing workshop that includes music breathing, music listening, visualisation, drawing and journalling, all within a safe and supportive atmosphere.

**DATE: Wednesday 27th May, 2026 Time: 9:30am- 11:30am Venue:
Illawarra Women's Health Centre 2/10 Belfast Ave, Warilla**

No prior experience in music or art is necessary. All art supplies will be provided.

Cost: FREE

**Registrations are required: ph: 1300 068 458
email: ISLHD-Bereavementservice@health.nsw.gov.au**

In partnership with Illawarra Women's Health Centre
Facilitated by Elena Bellinato- Bereavement Counsellor and Registered Music
Therapist



AROMATHERAPY



WORKSHOP

MAY

20 & 27

10AM - 2PM

**CREATE YOUR VERY OWN BODY PRODUCTS
SUCH AS A ROLL ON STRESS RELIEVER, A
SPECIAL BLEND OF ESSENTIAL OILS FOR A
RELAXING MASSAGE OIL, A PILLOW SPRAY OR
EVEN A NATURAL PERFUME. YOU WILL LEARN
HOW THE USE OF ESSENTIAL OILS CAN HAVE A
POSITIVE, UPLIFTING EFFECT ON OUR MIND,
BODY AND SOUL. NO EXPERIENCE IS NEEDED.
FREE FOR ELIGIBLE PARTICIPANTS**

Call the Centre to book your spot on 4255 6800

 **KIAMA & SHOALHAVEN
COMMUNITY COLLEGES**
RTO ID: 90087





Mothers Day Afternoon Tea

Friday 8th May

2.30pm - 4.30pm

Children welcome

Contact the Centre to book

4255 6800



CENTRE GROUP TIMETABLE

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centrelink Support (By appointment) 9am - 12pm	Carers Support Group 10am - 11am	Pilates 7:30am - 8:30am	Meditation 7 th May (Northern Site) 9:30am - 10:30am	Yoga (Online & in-person) 9am - 10am
		Meditation 6 th May (Warilla Site) 9:30am - 10:30am	Musical Moments 10:30am - 12:30pm	Centre for Women's Economic Safety Financial Counselling 9am - 5pm
		Music for Centering 27 th May 9:30 - 11:30am		Crocheting Group (Fortnightly 8th and 22nd) 10am - 12pm
Menopause Support Group 4 th May 10am - 11:30am	Craft Connections 11:30am - 2:30pm	Stretch 13 th May 9:45am - 10:30am	Chronic Pain Support Group (Fortnightly 14th and 28th) 12:30pm - 2pm	Collective Art Workshop 29 th May 1pm - 3pm
		Gardening Club 10am - 12pm	Irish Music on the Tin Whistle 1pm - 2pm	
	Financial Counselling (By appointment)	Aromatherapy 20 th and 27 th May 10am - 2pm	Uniting NDIS Support (By appointment) 1pm - 3pm	Fortnightly Social Morning Teas (1st, 15th and 29th May) 10:30am - 11:30am
		Mum's and Bubs Stretch 13 th May 10.45am-10.45am	Ukelele 2pm - 3pm	Playing with Colour (Fortnightly) (1 st , 15 th and 29 th May) 12:30pm - 2pm
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm	Dinner Table Project 12 th May 5pm - 7:30pm	Medicare Mental Health 6 th May 1pm - 3.30pm	Vinnies Van 3:30pm - 4pm	Aromatherapy (Monthly) 3pm - 5pm
SASSI 25 th May 9am - 12pm			Collective Art Workshop 14 th May 10am - 12pm	Mothers Day Afternoon Tea 8 th May 2.30pm - 4:30pm
	Belly Dancing 7pm - 8:30pm	Illawarra Legal Centre (By appointment) 2nd & 4th Wednesday each month		Qigong with Myra 3pm - 4:15pm