

## What else is at the WHC

- Members Library
- Pregnancy tests - \$2
- Look Good Feel Better-cancer support
- Dr Leslie Ah Yui -Behaviour Disorders specialist (for a fee)

**Cost:** Counselling services are free.

## Membership

Membership is a very important part of the Women's Health Centre and [we are inviting you to become a member.](#)

Members can attend education and support programs free of charge.

Membership and donations are tax deductible.

**Membership Fees are \$15 per individual per annum, being renewable on the 1st of July. A pro rata amount is payable, reduced by \$7.50 at the end of January. Organisation membership is \$40 per annum (less than ten staff) or \$80 (more than ten staff). Please make cheques payable to the Women's Health Awareness Group of Gladstone Inc. Please post to PO Box 8219 South Gladstone or drop in to the Centre at 9 Derby Street Gladstone 4680**

**To pay Electronically — Please submit your name so we can identify you!**

Bendigo Bank	Account: Women's Health Awareness Group of Gladstone
BSB: 633 000	Account: 120738687

## Accessibility

The centre is suitable for wheelchairs and prams.



Visit our website:  
[www.gladstonewomenshealth.org.au](http://www.gladstonewomenshealth.org.au)

Open Monday to Thursday

9am ~ 4:30pm

Closed Friday

9 Derby Street Gladstone

Phone: 4979 1456 Fax: 4979 1901

Email:

[info@gladstonewomenshealth.org.au](mailto:info@gladstonewomenshealth.org.au)

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



All information in this brochure was correct at the time of printing: 9/12/13

Funded by: Queensland Government



# GLADSTONE WOMEN'S Health Centre & Gladstone Region Sexual Assault Service

General Counselling (Women 15 Years+)  
Sexual Assault Counselling (Women, Men and Children, 10 years +)  
Bounce Back (from Trauma) program  
Women Growing Stronger program  
Protective Behaviours info  
Puberty Clues workshops  
Healthy Relationships  
Parenting Programs  
Youth Program  
Yoga with Pushpa Bakshi  
Women Connecting Women  
Women's Health Service (free Pap Smears)  
Breast Buddies Cancer Support Group  
Be Pampered Cancer Support Group  
Friends with MS  
Look Good Feel Better  
Weight Watchers Group

Contact Details  
Ph: 4979 1456

[info@gladstonewomenshealth.org.au](mailto:info@gladstonewomenshealth.org.au)  
[www.gladstonewomenshealth.org.au](http://www.gladstonewomenshealth.org.au)

# WHAT'S ON OFFER AT THE CENTRE

## Counselling-General

### Free & Individual

The centre has a number of professional counsellors available to provide individual counselling to women over the age of 15 years.

## Counselling-Sexual Assault

### Free & Individual

Provides counselling, support and information to those who have experienced sexual abuse, either recently or some time in the past and information on sexual abuse disclosure. Men women and children over the age of 10 years.

## Education and Support

(facilitated by WHC staff members)

### **Absolutely Fabulous After 40**

A program covering menopause, HRT therapy, nutrition/lifestyle and emotional health for women in their mature years.

**Single sessions and/or a three week program**

### **Bounce Back (from Trauma)**

A program over 7 weeks for women who have experienced any kind of trauma covering topics based around recovery from trauma and moving on with one's life in a positive way.

### **Puberty Clues**

A workshop for mothers and daughters (years 5,6 or 7) providing accurate and up to date information about the changes that occur during puberty.

## **Women Growing Stronger**

This program is run for 2 1/2 hours every week for 4-6 weeks and provides opportunities for women to learn and grow. Sessions include: self esteem and self-confidence, feelings and emotions, becoming assertive, anger, practical communication skills, stress, relationships and problem solving.

## **Parenting Programs**

Various parenting programs on offer working in conjunction with C4C (Communities for Children). Please contact our Youth & Parent Support Worker at the Centre for a schedule.

## **Youth Programs**

For youth aged 14-17 Youth programs Prepare, Protect, Educate. Contact the Centre for a schedule

## Networking

### **Working Women's Group (WWG)**

The Working Women's Group meet once a month on the last Thursday of the month straight after work for dinner, from 5.30pm onwards in a very relaxed format. Bookings are necessary to enable restaurant booking.

Turn up when you can, order a meal when you are ready, and stay for as little or as long as you like. Everyone pays for their own meal and drinks.

#### **Contact Details**

**Ph: 4979 1456**

**info@gladstonewomenshealth.org.au**  
**www.gladstonewomenshealth.org.au**

## Groups and Services

(held at the Women's Health Centre)

### **Be Pampered—Cancer Support**

Meet on the second Tuesday each month at 9.30 for FUN with facials, makeup and hand/foot massages.

### **Breast Cancer Support**

Breast Buddies meet: second Friday of each month at 9.30 to offer support to Breast cancer survivors.

### **Friends With MS**

Meet 1st Tuesday of each month from 10am to 12 mid day

### **Gladstone Health Professional Group (GHPG)**

GHPG host a monthly guest speaker event at 6pm to inform and educate health professionals on various health topics.

### **Look Good Feel Better (LGFB)**

LGFB is a free program which helps Australians cope with the appearance related side effects of chemotherapy and radiotherapy. To register for a Look Good Feel Better workshop [www.lgfb.org.au](http://www.lgfb.org.au) or phone Freecall 1800 650 960

### **Women Connecting Women**

1st Wednesday and 3rd Monday 10am– 12md. Enquiries may be made to GMAI WCW Chairperson: Margy McArdle Ph. 0458 790909

### **Women's Health Nurse**

A women's health nurse conducts a free women's clinic at the Women's Health Centre which can include pap smear, pregnancy tests and breast awareness. Booking is essential

**Yoga** Mondays with Pushpa Bakshi 8.00-8.45am (a donation)

### **Weight Watchers Group**

Meet every Saturday from 7.30 am—9.30 am.