



# Calendar of Events

## WOMENS HEALTH SERVICES

January to June 2009

### Health Promotion and Education Programs

#### PHYSICAL ACTIVITY @100

Womens Health Services provides a range of low cost physical activity opportunities for women in the community, including groups for Aboriginal women. Activities range from walking groups, bike workshops, gentle exercise classes, belly dancing and swimming lessons north and south of the river. A wide variety of come and try activities are also available.

*For more information please call the  
Community Development Program  
on: 92278122 or log on to our website  
at: [www.whs.org.au](http://www.whs.org.au)*

#### MENTAL HEALTH COMMUNITY OUTREACH PROGRAM @100

A support program for mothers who live in the inner city and lower north metropolitan area, and have a mental illness. Services include individual support and group activities.

A new outreach service is being offered in Mirrabooka on Thursdays from February 2009. Take the opportunity to come in and meet with other women with similar issues in a relaxed and non-judgmental environment.

#### MHCOP Group Activities Include:

- **Coffee Morning** (School Terms)
  - **WHS (Northbridge):** Thursday 10.00-12 noon. Free. Crèche available
  - **Mirrabooka Outreach:** NEW in 2009 Thursday 1.00pm - 2.30pm Free. (No crèche at this stage, children welcome, please phone 9227 8122 for details)
- **School Holiday Activities** - Group activities for mums and kids. Free.
- **Physical Activity Program:** Tuesday's 1- 2pm during School Terms. We will be running a number of different groups including Chi Gung, Belly Dancing, Pilates, Aqua, Yoga and Tai Chi

*For more information contact MHCOP on:  
9227 8122 or email [outreach@whs.org.au](mailto:outreach@whs.org.au)*

#### ART THERAPY PROGRAM @100

This six week program is offered specially for mothers with long-term mental illness who have young dependent children. It is an opportunity for clients to come together in supportive environment to share their issues in a safe and non threatening way using artistic expression. No art experience necessary. Confidentiality respected. The program is non-judgmental and is designed to value the individual's journey through:

- Inner strength building
- Learning coping skills
- Self Awareness & confidence building
- Socialisation
- Sharing (as much or as little as you want to).

*For more information contact MHCOP on:  
9227 8122 or email [outreach@whs.org.au](mailto:outreach@whs.org.au)*

#### CREATIVE WRITING / ART THERAPY WORKSHOP @100

Please join us for a morning of Art and Writing to explore the theme of 'New Beginnings, hopes and goals for 2009'. Numbers are limited, so please call to reserve your place. Free Crèche available.

**When:** 10am – 1pm, January 22nd & 29th  
**Where:** Women's Health Services  
100 Aberdeen Street, Northbridge  
**Notes:** (Bring a shared lunch)

*For more information contact MHCOP on:  
9227 8122 or email [outreach@whs.org.au](mailto:outreach@whs.org.au)*

#### MHCOP ART THERAPY GROUP @100

This 7 week program is for mothers to gather in a safe space to work through current issues, build self awareness, and experience healing through creativity and Art expression. No Art experience is required. Free Crèche available.

#### TERM 1

**When:** 10am - 12pm, Wednesdays from  
February 11th to March 29th  
**Where:** Women's Health Services  
100 Aberdeen Street, Northbridge

#### TERM 2

**When:** 10.00m - 12pm, Wednesdays  
from May 6th to June 17th  
**Where:** Women's Health Services  
100 Aberdeen Street, Northbridge

*For more information contact MHCOP on:  
9227 8122 or email [outreach@whs.org.au](mailto:outreach@whs.org.au)*

#### WOMENS HEALTH SERVICES

100 Aberdeen Street  
Northbridge WA 6003

Phone:  
(08) 9227 8122

Tollfree:  
1800 998 399

Fax:  
(08) 9227 6615

and

122 Aberdeen Street  
Northbridge WA 6003

PO Box 32  
Northbridge WA 6865

Phone:  
(08) 9227 9032

Tollfree:  
1800 246 655

Fax:  
(08) 9227 5860

Email:  
[info@whs.org.au](mailto:info@whs.org.au)

Web:  
[www.whs.org.au](http://www.whs.org.au)

WOMENS HEALTH  
CARE ASSOCIATION INC

ABN 81 007 269 571

#### CERVICAL CANCER VACCINATIONS

Time is running out to get the **free** vaccine to protect against human papillomavirus.

*For more information, contact the clinic on: 9227 8122*



# Health Promotion and Education Programs

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## **CREATING EASE @122** (Formerly “Living with Ease”)

This 6 week course is being run for anyone with the hope of a simpler, easier and happier life. We will look at creative ways to help you:

- Handle life’s ups and downs.
- Gain more enjoyment in your everyday life.
- Move on from a troubled or difficult past.
- Feel happier, more content and at ease with yourself.

We will be using mindfulness and simple meditation techniques plus some creative arts exercises to connect with and improve your life. Childcare is available, please let us know when you need it.

**When:** 10.00m – 12.30pm  
Monday mornings from February 16th

**Where:** Women’s Health Services  
122 Aberdeen Street, Northbridge  
(Drug and Alcohol Program)

**Cost:** \$30 for the 6 week course,  
or \$5 per week

Run by Sally Holmes  
(Creative Arts Therapist, D.A.P)

*If you are interested in attending,  
or require more information please call  
Kara or Shantelle on: 9227 9032*

## **DRUG & ALCOHOL PROGRAM (DAP) @122**

Drug and Alcohol (DAP) offers individual counselling and group work. The counselling process encourages women to self-assess their alcohol and other drug use, explore and address the range of issues underlying or contributing to their substance use, and provides an opportunity for positive change to occur whilst in the context of a supportive and safe environment. Group work opportunities include an expressive therapy group and short term, structured, psycho educational groups.

*For more information contact  
DAP on: 9227 9032*

## **PEPISU WOMEN AND CHILDREN’S PROGRAM @122**

The PEPISU Program provides a range of services for women who are pregnant and/or are parenting with substance use issues and for their families. There are also services for children affected by parental AOD use. All program activities are free and there is an on site crèche available for children. The PEPISU team is committed to a client centred approach in the development and delivery of all aspects of the program.

### **PEPISU Services include:**

- Individual, couple, family and outreach counselling services including advocacy and support if required.
- Coffee morning, Tuesdays 10-1.00pm Crèche available.
- Esteem through Creativity (ETC) children’s group. A self esteem group for children using an expressive/art therapy approach.
- School holiday programs.
- Social and recreational activities
- Baby steps. An information and support group for mums and their babies (0-18 months).
- Parenting groups.
- And other services as identified by the women and children we work with.

*For more information contact PEPISU on:  
9227 9032 or 0407 440 557*

## **WOMENS HEALTH SERVICES WEBSITE**

The WHS website provides health and service information to women everywhere. The website features information on all of the programs and services available at Women’s Health Services, as well as services supported by WHS. Opportunities to Get Involved are offered through volunteering and employment positions posted online.

Future developments of the website include the addition of downloadable podcasts, interactive multimedia and translations to facilitate the inclusion of women from Culturally and Linguistically Diverse backgrounds.

*To access the Women’s Health Services website,  
go to [www.whs.org.au](http://www.whs.org.au)*

If you wish to be included on our resource distribution list, assist in the translation of Online Information, or if you wish for your service to be assessed for inclusion in the links page please email [info@whs.org.au](mailto:info@whs.org.au)

## PERINATAL MENTAL HEALTH PROGRAM @100

*(Now encompassing the ABC Group program)*

The Perinatal Mental Health Program offers therapeutic and support services to women diagnosed with, or at risk of, postnatal depression and anxiety. Through the program women can access telephone information and support, assessment, counselling and outreach, the ABC Group Program and group therapy sessions, partner information sessions and free crèche facilities. Women with a diagnosable disorder may be referred to this program by a medical practitioner, allowing access to individual specialist perinatal clinical psychology services and ABC Group services at no out-of-pocket expense (via Medicare rebates).

*For more information please contact  
Kim on: 9227 8122.*

## ADJUSTING TO BABY AND CHANGE GROUP @100

This nine week therapeutic program assists women diagnosed with or at risk of postnatal depression or anxiety to learn skills and behaviours to reduce symptoms, assist recovery and reduce risk of relapse. The program uses a Cognitive-Behavioural approach and is conducted in collaboration with WHS clinical psychologist Sue Bailey.

The Adjusting to Baby & Change group is available to women residing in the inner-city and lower north metro area. Groups run weekly during each school term at the Loftus Recreation Centre in Leederville and the Hainsworth Community Centre in Girrawheen. Women are welcome to self-refer or may be referred by their health professional.

Individual assessment is required prior to joining the program.

*For more information please contact  
Kim on: 9227 8122.*

## INFORMATION SESSION FOR PARTNERS & SUPPORT PEOPLE OF WOMEN WITH POSTNATAL DEPRESSION

This information session will cover: what is Post Natal Depression and Anxiety, treatment options, effects on partners and families, strategies for support, effective communication and looking towards the future. One after-hours information session will be offered each term.

**When:** Evening session.

**Where:** Loftus Recreation Centre, Leederville.

*For more information please contact  
Kim on: 9227 8122.*

## WOMEN'S LEGAL REFERRAL SERVICE @100

The Women's Legal Referral Service (WLRS) assists women who are victims of domestic violence to seek property settlements.

WLRS is funded by the Department of the Attorney General to provide a service whereby women can be supported by the program manager through the entire legal process, to a successful settlement. Increased funding has enabled the program to increase staff numbers as well allow for the acquisition of eleven lawyers from various firms to support the program.

Most clients are referred from Legal Aid, DVAS, Family Court, refuges and multi-cultural agencies

*For more information please  
contact Di Annear on: 9227 8122*

# Other Programs



## ABORIGINAL GRANDPARENT FAMILY SUPPORT @122

This program aims to support and strengthen Aboriginal grandparents and their families through the generations.

The program provides information, advocacy and referral as well as group activities, respite camps and peer support groups. The program operates from 122 Aberdeen St.

*For more information please contact Averil on: 9227 9032.*

## YOWARLING (SINGING UP) FAMILY PROJECT

Providing counselling and support Services for women and their families with Drug and Alcohol issues.

Aims: Reduce the negative impact of parental misuse of Alcohol and Other Drugs on Aboriginal families with children aged to 18 years.

- Drug and alcohol Awareness \* counselling
- Self Esteem workshop (ETC for children)
- Referrals to other alcohol & drug services and programs
- Playgroups
- Cultural & Recreational Activities
- Protective Behaviours training

*For more information please contact Averil on: 9227 9032.*

## MOORT WARRPING WARR (FAMILY PLAYING PLACE) @122

Parenting and Play Group for Aboriginal parents/caregivers and young children.

*For more information contact Averil on: 9227 9032.*

## MULTICULTURAL WOMEN'S ADVOCACY SERVICE (MWAS)

Promotes the safety of women, with or without children, from culturally and linguistically diverse backgrounds who have experienced or are at risk of domestic violence. The Service is available to women who are recent arrivals or long-term residents. Women may be in crisis situations, in refuges, still remaining in their relationships or re-establishing themselves in the community after leaving refuges. Currently the outreach service operates from Northbridge, Mirrabooka, Gosnells, Fremantle and Rockingham/Mandurah.

*For more information, please contact MWAS on:*

*Northbridge: 9328 1200 or 9227 8122    Gosnells: 9490 4988  
Mirrabooka: 9344 8988    Fremantle: 9336 8282  
Rockingham/Mandurah: 0430515261*

## MWAS SUPPORT GROUP FOR WOMEN

The Multicultural Womens Advocacy Service (MWAS) has support groups for their clients aimed at providing information, support and activities. Clients get an opportunity to share experiences, build friendships, receive information on a wide variety of issues and participate and organise recreational activities. Currently the groups are across the metropolitan area and Mandurah.

*For more information please contact MWAS on: 9328 1200*



# Clinical and Counselling Services

## MEDICAL & CLINICAL SERVICES @100

The medical and clinical staff provide women's health consultations, information, advice, counselling, support and treatment for a broad range of women's health issues including:

- Pregnancy Testing
- Vaccinations
- Emergency Contraception (the morning after pill)
- Breast Lumps
- Depression
- Menopause
- Menstrual Problems
- Pap Smears
- Sexually Transmissible Infections and Vaginal Infections
- Termination of Pregnancy
- Other women's health issues

The medical and clinical services are staffed by experienced women doctors with a special interest in women's health and experienced nurse counsellors who have specialised in women's health issues.

*For more information call:  
9227 8122 or email [info@whs.org.au](mailto:info@whs.org.au)*

## CLINICAL ADVICE AND SUPPORT @100

Clinical information, counselling and support services are available by phone, in one to one sessions or in group sessions at our centre in Northbridge. The information, counselling and support services are confidential. Rural women can call **1800 998 399**.

One-to-one counselling sessions with an advanced practice nurse is \$10 per session. The fee for pregnancy testing is also \$10. These fees are always negotiable. Appointments are essential.

*For more information call:  
9227 8122 or email [info@whs.org.au](mailto:info@whs.org.au)*

## CAHPP @100

CAHPP is a special program for women who have been abused during consultation with a health professional. This is a free service.

*For more information,  
contact Dianne Rickman on: 92278122*

## COUNSELLING @100

Women's Health Services provides a professional counselling service for women over the age of eighteen. Counselling is short term and available for such issues as depression, anxiety, panic attacks, relationships and past trauma.

Women can be referred to counselling by a doctor, agency, health practitioner or women can self-refer. There is a waiting list for appointments, which is usually about eight weeks. Counsellors are also available to run workshops and give talks to community groups on mental health issues.

*For more information call:  
9227 8122 or email [info@whs.org.au](mailto:info@whs.org.au)*

## GET INVOLVED

Women's Health Services needs your assistance to help us be sustainable in the future. Your generous support will be vital in improving the benefits we provide to women and their families in Western Australia.

Volunteering, sponsorship, making a donation or joining our Association; these are just some of the ways you, or any organisation or business can make a real difference.

Volunteering is a rewarding and valuable experience. Our volunteers play a key role within Women's Health Services by giving of their time, talents or expertise to assist our professional and administrative staff in delivering the best possible services.

If you are interested in making a donation to WHS, or would like to find out more on how you can get involved:

*please contact Lynne Anderson on  
9227 8122, via email on [info@whs.org.au](mailto:info@whs.org.au) or  
visit our website at [www.whs.org.au](http://www.whs.org.au)  
and click on Get Involved!*

**ALL DONATIONS OVER \$2  
ARE TAX DEDUCTIBLE.**

**THE COST  
OF ALL  
INDIVIDUAL  
COUNSELLING  
SESSIONS IS:**

**\$40.00**  
for women  
working  
full time

**\$20.00**  
for women  
working  
part-time

**\$10.00**  
for women  
who do not  
work or have  
a concession  
card

***Fees can be  
negotiated***

“Volunteering at WHS .....  
was a fun and worthwhile experience.  
It gave me the opportunity to develop many skills,  
..... as well as work with a lot of great people.”