



## **Clinical Services, Education, Information and Counselling for Women by Women**

### **WOMEN'S HEALTH**

Breast awareness, Pelvic Floor, Menopause, Menstruation, Osteoporosis, Hormone Replacement Therapy, Endometriosis, Pap smears/tests, Premenstrual Tension, Sexuality

### **REPRODUCTIVE HEALTH**

Pregnancy and Childbirth, Infertility, Contraceptives, Natural Family Planning, Abortion

### **SEXUAL HEALTH**

Sexually Transmitted Infections, HIV/AIDS, Vaginal Health, Cystitis, Vaginal Infection, Safer Sex, Gardasil

### **MENTAL HEALTH AND WELLBEING**

Stress, Insomnia, Alternative Medicine/Therapies, Relaxation, Pain Management, depression, Money, Entertainment and Health, Problem Gambling, Sexual Assault, Domestic Violence, Post-natal Depression Anxiety and Panic Attacks.

### **ALCOHOL AND OTHER DRUGS**

Prescription Drugs, Non-Prescription Drugs, Alcohol, Smoking

### **NUTRITION**

General Healthy Eating, FOODcents, Healthy Eating Pyramid, Cutting Down on Fat, Salt & Sugar, Portion Sizes, Reading Food Labels, Healthy Lunchbox Ideas for Kids, Calcium and Iron in Your Diet.

### **TALKS AND WORKSHOPS**

Relaxation, Welcome to W.A., Basic information on Drugs and Alcohol, Stay on Your Feet, Getting a Better Night's Sleep.

### **For further information contact:**

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