

Core Services

Counselling
Casework
Groups and Workshops
Referrals
Special Interest Activities
Legal Information and Advice
Membership
Facility Hire

Priority Issues

- Domestic and family violence and abuse.
- Emotional issues including self esteem, depression, anxiety and stress.
- Relationship issues including the promotion of healthy and supportive relationships.
- Live style risk factors for women including smoking, alcohol and other drugs.

**Services are targeted
towards women who are
disadvantaged and
marginalised**

**Self Referral
or Agency Referral**

Intake occurs

Monday, Wednesday and Thursday

Hunter Women's Centre is funded by NSW Health
through Hunter New England Health.

Hunter Women's Centre is a member of Women's Health NSW, the
peak body for non-government women's health services.



Vision

Women of the Hunter will live free of violence
and have the best possible physical,
emotional, psychological
and spiritual wellbeing.

Mission

The Hunter Women's Centre provides services
within an evolving feminist philosophy
recognising that:

- Health is determined by a broad range of social, environmental, economic and biological factors.
- Differences in health status are linked to gender, age, socio economic status, ethnicity, disability, location and environment.
- Information, consultation and community development are important elements of health care.

Goals

To promote, improve and maintain the health
and wellbeing of women within a social and
gendered model of health by:

- Addressing priority health issues within a gender based philosophy.
- Ensuring services provided are in line with industry and best practice standards and principles.
- Providing accessible services to priority target groups.
- Working in collaboration and partnership with external services.



Hunter Women's Centre Counselling Service

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Opening Hours
(effective 1 May 2010)
9am to 5pm
Monday to Thursday

Individual Counselling

The Hunter Women's Centre provides counselling services to women living in the Newcastle and Hunter region. The Centre's priority issues are domestic violence, the long term effects of childhood sexual assault or adult sexual assault, sexuality, issues relating to changing roles and status and the impact of these issues on mental health and relationships.

Counsellors working for the service are experienced in feminist counselling practise. Feminist counselling takes a holistic approach to women's health acknowledging that health can be determined by a broad range of social, physical, environmental, cultural and economic factors. Differences in health status are associated with gender, age, socio-economic status, ethnicity, disability, location and environment, racism, sex-role stereotyping, gender inequality and discrimination, sexuality and sexual preferences.

A feminist approach to individual counselling involves:

- *Working collaboratively with women.
- *Respecting and valuing the unique and complex nature of their personal experiences.
- *Acknowledging women as being the experts in their own lives.
- *Allowing women to define their own experiences.
- * Providing the opportunity for women to recognise their own strengths and abilities.
- *Recognising the problems women face are external to them and not an inherent part of being female.

Intake

Women seeking counselling are asked to phone the Centre for intake and assessment. The Intake and Referral Worker will:

- *Assess the nature and urgency of the counselling required.
- *Determine whether the counselling service offered by the Centre best meets the needs of the client.
- *Provide advocacy, and referrals to other services for support when appropriate.
- *Explain the Centre's procedures relating to access to counselling.

Appointments

- *The availability of appointments is determined by service demand.
- *Appointments are available during business hours only.
- *Women are asked to contact the Centre in advance if they are unable to attend an appointment.
- *If two consecutive appointments are missed we will assume that our services are no longer required.

Costs

\$20 waged \$10 concession
per counselling session

