

# About Us

## Our Vision

Women of the Hunter will have the best possible physical, emotional and psychological health and wellbeing

## Our Mission

To achieve our vision we will:

- provide client centred, strengths based, trauma informed services for women
- ensure a timely and appropriate referral service for women and their families
- provide education and social support for women
- embrace health based, holistic and alternative therapies as options to achieve positive outcomes for women

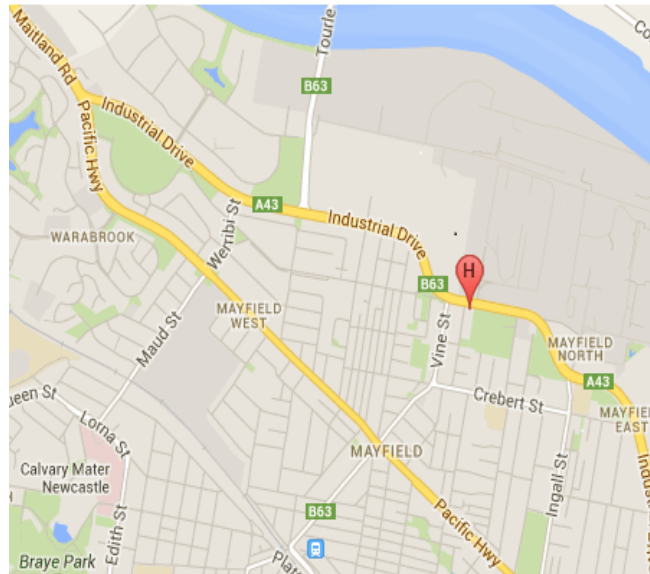
## Priority Target Groups

All women are welcome at Hunter Women's Centre. Our priority target groups are:

- women experiencing, or at risk of family or domestic violence and abuse
- disadvantaged and marginalised women including CALD and Indigenous women
- socially and geographically isolated women

Hunter Women's Centre is a project of  
Hunter Region Working Women's Group

# Our Location



## Public Transport

### Buses

24 - Marketown, Carrington, Industrial Dr Mayfield  
47 - Marketown, Wickham, Tighes Hill, Maitland Rd Mayfield  
11 - Newcastle East, Islington, Maitland Rd Mayfield

**Nearest train station is on the Hunter Line at Waratah, a 20 minute walk to the Centre.**

### Phone us for more public transport options

60 Industrial Drive (Cnr Avon Street)  
PO Box 38 Mayfield NSW 2304  
Ph: 02 4968 2511

[admin@hwc.org.au](mailto:admin@hwc.org.au) [www.hwc.org.au](http://www.hwc.org.au)



# Promoting the health and wellbeing of women

# Counselling Groups Workshops Health Information Referrals

# 4968 2511

# Our Services

## Counselling

Individual counselling is provided with experienced female counsellors. Up to 12 sessions available. Contributions up to \$20 are appreciated. Phone the Centre on 49682511 if you would like more details.

## Outreach Counselling

Outreach counselling is also offered in the following locations.

Phone Hunter Women's Centre on 4968 2511 to enquire about appointments.

**Woodberry:** Fortnightly on Thursdays at Woodberry Family Centre. In partnership with Maitland Family Support

**Raymond Terrace:** Fortnightly on Thursdays at Raymond Terrace Neighbourhood Centre. In partnership with Port Stephens Family and Neighbourhood Services

## Workshops and Groups

Workshops and groups are held at Mayfield and in various locations throughout the Hunter Region; providing support, strategies and information on a range of health issues that impact on women's lives.

Contact the Centre on 4968 2511 for further details or ask to be placed on the mailing list

## Over 50's Social Support Group

A group that meets fortnightly on Thursdays. Support, facilitated discussions, guest speakers, social outings and healthy lifestyles education for women over 50. Gold coin donation. Phone 4968 2511 for further information

# Our Services

## Information and Referral

Do you need information about, or referrals to, other services in the Newcastle and Hunter Region? Contact the Centre if you need help with finding out what's available for issues such as legal advice, parenting, women's health, and housing.

## Nutrition and General Health

Would you like to improve your general health and nutrition? Contact the Centre to register for workshops on healthy lifestyles for women. For other support phone Get Healthy 1300 806 258 or visit [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

## Reducing the Need for Nicotine

The Centre offers counselling, resources and information to help women manage their nicotine addiction. Contact the Centre to book an appointment. For further support call the Quitline on 137 848 or visit [icanquit.com.au](http://icanquit.com.au)

## Drug and Alcohol Information and Referral

Contact the Centre if you or a family member would like information on, or referral to drug or alcohol services. Or phone Hunter New England Health Drug and Alcohol Triage and Referral Service on 1300 660 059



**Corner of Industrial Drive and Avon St Mayfield**

**4968 2511**

## Opening Hours

Monday to Thursday: 9am to 5pm  
Friday: 9am to 3.30pm

## Other Information

### Tai Chi and Qi Gong

Wednesday evenings during school terms Time 6.15pm to 8.15pm. First class is free. Ten week program \$100/\$90 conc. Casual Class \$12. For further information contact Tina 0417 436 627

### Women of Courage AA Meeting

Wednesday evenings 5.30pm to 7pm

### Room Hire

The Centre has a number of rooms available for hire. Suitable for training, meetings, workshops, counselling and complimentary health practitioners. Business hours or after hours availability. Call the Centre to find out more.