

## 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:

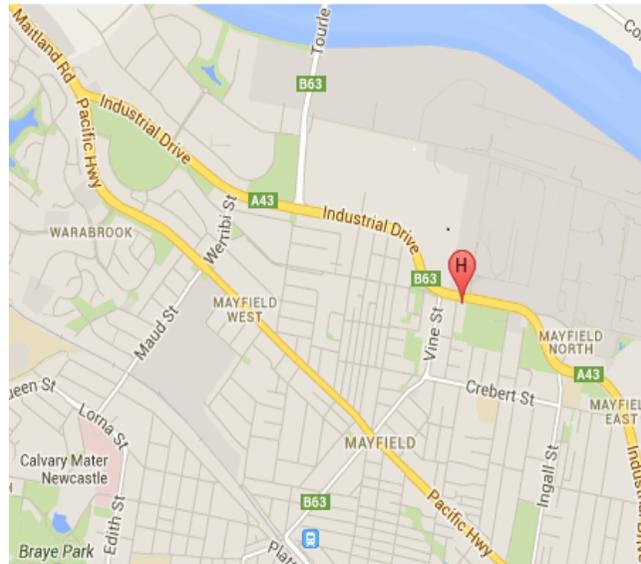
- provide client centred, strengths based, trauma informed services for women
- ensure a timely and appropriate referral service for women and their families
- provide education and social support for women
- embrace health based, holistic and alternative therapies as options to achieve positive outcomes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

## Priority Target Groups

All women are welcome

however 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.



## Public Transport

### Buses from Hamilton Train Station

- 100 Maitland Rd Hamilton (alight Maitland Rd Mayfield)
- 111 Sheddon St Islington (alight Bull St Mayfield)
- 104 Albert St Islington (alight Industrial Dr Mayfield)

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

**Phone for more public transport options**

60 Industrial Drive (Chr Avon Street)

PO Box 38

Mayfield NSW 2304

Fax: 02 4968 2975

admin@hwc.org.au

www.hwc.org.au



Funded by Hunter New England Local Health District



## Promoting the health and wellbeing of women

Counselling

Casework

Health Information

Referrals

Workshops and Groups

## 4968 2511

Self Referral or Agency Referral

## Opening Hours

Monday to Thursday: 9am to 5pm

Friday: 9am to 3.30pm

## Core Services

### Counselling

Individual counselling is provided by experienced female counsellors. Phone the Centre for further details and appointment availability.  
Contributions for counselling: up to \$20

### Casework

Do you need practical support? Casework provides advocacy, goal setting, referral and resources. Phone the Centre for further details and appointment availability.

### Information and Referral

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

### Workshops and Groups

Workshops and groups are held at Mayfield and in various locations throughout the Hunter Region; providing holistic support, strategies and information on a range of health issues that impact on women's lives. Phone the Centre for further details or ask to be placed on the mailing list to receive term calendars and programs.

### Social Support Group for Women Over 50

A group that meets fortnightly on Thursdays. Social support, facilitated discussions, guest speakers, social outings and healthy lifestyles. Gold coin donation. Phone the Centre for further information.

## Additional Services

### 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

### Social Support Groups for Women

For women of all ages. Health and wellbeing groups for social support, information on healthy lifestyles, facilitated discussions and guest speakers. Contact the Centre for information on current groups.

### Quit Smoking

The Centre offers counselling, Quit Packs, and resources and information to support women to stop smoking. For further support phone the Quitline on 137 848 or visit [icanquit.com.au](http://icanquit.com.au)

### 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 on 1300 806 258 or visit [www.gethealthynsw.com.au](http://www.gethealthynsw.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.

## Other Information

### Room Hire

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

### Events

The Centre participates in community consultations and events that mark important women's issues.

## Client Story

*"My last child had just left home and I was trying to deal with the fact that my role as a mother was changing. I also had a lot of feelings surface that I had held in for many years, as a result of a previous relationship.*

*I contacted the Centre under advice of a friend, as she felt that they could help me. I was offered help from the moment that I made contact.*

*The counsellors at the Centre helped me to understand what was happening to me and offered me guidance and support as I worked through a difficult time.*

*In contacting the Hunter Women's Centre I received the support that I did not have in my life, and for this I am extremely grateful."*