

**Outreach Counselling Service
Raymond Terrace**

Every second Thursday

Please phone the Hunter Women's Centre on 4968 2511 for Intake and Assessment and further details about this service.

Venue: Raymond Terrace Neighbourhood Centre
3 Jacaranda Avenue
Raymond Terrace.

Legal Appointments

Advice and information on Family Law
Free of charge

February: Tues 7, Thurs 9, Tues 21
March: Tues 6, Thurs 8
April: Tues 3, Thurs 12, Tues 17

Bookings essential (Limit of 2 appointments per person per year)
Provided by Kath Fielden & Associates, Kekeff & Associates Solicitors
and Hunter Community Legal Centre



Gynaecological Social Support Group

For women who have a current or past diagnosis of gynaecological cancer and would like to join a friendly and supportive group of women in similar circumstances.

Last Friday of each Month
Phone Wendy on 4966 3082

**Narcotic Anonymous Meetings
For Women**

Fridays 6pm to 7.30pm (Enter via Avon Street)

**Hunter Women's Centre
Program
Term One 2012**

Core Services

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

Corner Industrial Drive and Avon Street, Mayfield
PO Box 38, Mayfield, NSW 2304
Phone: 4968 2511 Fax: 4968 2975
admin@hwc.org.au
www.hwc.org.au

VENUE AND ROOM HIRE

- Auditorium
- Group/Meeting rooms
- Counselling/Interview Rooms

Suitable for community groups, training and education purposes, meetings, workshops, counselling practitioners, and holistic health practitioners.

Phone the Centre for costs and further details. Terms and conditions apply

**Alternative
Health Services**

Tai Chi and Qi Gong

Allow your body to return to its natural state

Wednesdays 6.15pm To 8.15pm
10 week term \$90/\$80 conc. Casual class \$12
Phone Tina on 0417 436 627 or
the Centre for further details

Chinese Acupressure Massage

An ancient healing art form using human touch to restore balance and harmony to the system

Full consultation \$40/\$35 conc. Basic \$20
Phone the Centre for further details

Kinesiology

Through muscle monitoring Kinesiology works on the physical, emotional, mental and spiritual being to address a range of dis/eases and disorders.

Phone the Centre for further details



Art Therapy

Experience art therapy as a tool for self development, expression and exploration

\$35 per session
Phone Anji on 0401 543 911 for bookings

WORKSHOP AND GROUP PROGRAM



**Tuning
in to Kids
Group**

Wednesdays
15 Feb, 22 Feb, 29 Feb,
7 Mar, 14 Mar, 21 Mar
Time: 10am to 12.30pm

A six week parenting program for mothers of children aged 4years to 10years of age
Gain skills around having a positive relationship with your child and help them have a happy and healthy childhood

Attendance at Week One is essential
Cost: \$5 per week or \$20 one off payment

**Domestic
Violence
Group**

Tuesdays
13 Mar, 20 Mar, 27 Mar, 3 April
Time: 10am to 12.30pm

A four week group for women who are currently or have been in the past controlled by their partner or another family member.
Gain awareness around equal versus unequal relationships and build skills for positive change

Attendance at Week One is essential
Cost: \$5 per week or \$15 one off payment

**Talking Effectively with the
Men in Your Life
Workshop**

Monday
2 April
Time: 10am to 1pm

Father– Brother-Son-Partner
Learn how you can get a better outcome from the conversations with the different men in your life. In this workshop learn how to communicate with men who don't listen to you; who avoid conversations they don't like; or disapprove of you or put you down when you try to discuss how you feel

Cost \$10
Includes morning tea

For further details and to register to attend groups and workshops please phone the Centre
If you require child minding please notify staff when booking attendance