

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 Services and Information

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Opening Hours

(effective 1 May 2010)

9am to 5pm

Monday to Thursday

Individual Counselling

Individual counselling for women relating to the Centre's priority issues is provided by experienced female staff. The counsellors at the Centre are highly experienced and engage in feminist counselling practises. Women seeking counselling are asked to phone the Centre for Intake and Assessment.

Costs: \$20/\$10 concession per session.

Casework

The Women's Support Worker works with women directly and with other services to help them achieve goals and provide support with issues that impact negatively on them as individuals and their families. Areas include, but not limited to, housing, health, family, employment and finances. Women seeking casework support are asked to phone the Centre for Intake and Assessment.

Cost: Free of Charge

Groups and Workshops

Groups and workshops relating to the Centre's priority issues are held on a regular basis throughout the year.

Please phone the Centre for dates times, bookings and group/workshop costs.

Referrals

The complex nature of the support many women require means that their needs may be beyond the scope of the services offered directly by the Centre. The Centre can provide information about other community organisations in the Newcastle and Hunter region and make referrals to the most appropriate services. Please phone for further details on how we may be able to assist you in accessing support.

Legal Advice

Legal information and advice on family law matters is available at the Centre twice a month. Advice can also be provided on other matters of the law. There is a limit of 2 appointments per person per year. Cost is free and bookings are essential. Please phone the +Centre for further details. Presented by Fielden and Associates, and Hunter Community Legal Centre.

Special Interest

Special interest activities are held regularly at the Centre. All external providers hold current qualifications in their fields and are fully insured.

- Tai Chi and Qi Gong
- Chinese Acupressure Massage
- Kinesiology

Please phone the Centre for further details.

Membership

Membership is available for clients, community organisations and other interested individuals. Members receive the 6 monthly calendar and newsletter, library borrowing privileges and invitations to special events.

\$5 Individual \$10 Organisation

A complimentary annual membership is offered to women attending therapeutic groups.

Please phone the Centre for further details.

Facility Hire

Rooms at the Centre's premises are available for hire. These include the auditorium, group and meeting rooms and counselling/interview rooms. Suitable for community groups, training and education purposes, meetings, workshops, counselling practitioners and holistic health practitioners. Terms and conditions apply.

Please phone the Centre for bookings and further details.



hunter women's centre