

About the Centre

The Women's Health Centre recognises, acknowledges and values differences and diversity among women.

The feminist based philosophy of the Centre promotes empowerment as a process to increase a woman's control over her life.

The Centre offers:

- a health promotion centre
- information on health issues and services
- comprehensive library service
- health education courses
- a wide range of programs for women
- a feminist counselling service
- an outreach service for rural women
- a place to gather together

If you or your organisation would like to become a member of the Women's Health Centre please contact us on:

4922 6585 or 1800 017 382

PO Box 472 Rockhampton 4700

Facsimile 4922 2477

info@womenshealthrockhampton.com

The Centre's Operating hours are:

9.00 am - 4.30 pm

Monday to Friday



**PO Box 472
Rockhampton Qld 4700**

4927 9768 or 4927 0302

Email: dvcourt@womenshealthrockhampton.com



DOMESTIC VIOLENCE

SUPPORT GROUP

WOMEN'S HEALTH CENTRE

225 BOLSOVER STREET ROCKHAMPTON

Women experiencing, or who have experienced, domestic violence are invited to join.
Bookings are essential.

Phone Louise or Kerrie 49279768 or Kath
49270302

There is NO COST for this programme.



Women's Health Information & Referral Service CQ Inc
abn 63464913092 trading as:
The Women's Health Centre Rockhampton
Funded by Queensland Government Department of
Communities

Proposed Agenda Feb - Jun 2013

Commencing 01.02.2013—22.03.2013 (8 weeks)

01 Feb	Expectations & Outcomes - Getting to know each other & morning tea
08 Feb	Less Stress, More Self Care-Janis (Women's Health Centre)
15 Feb	FREE Coffee & Cake (Stellarossa 127 William St)
22 Feb	Strategies for Moving Forward-Pamela Harrison (The Next Step Coaching)
01 Mar	Crafty Cards with Mary
08 Mar	Self Esteem and Assertiveness-Chantelle and/or Alicia (Women's Health Centre)
15 Mar	FREE Movie Morning (at Birch Carroll & Coyle Cinemas North Rocky)
22 Mar	What's on over the school holidays?

SCHOOL HOLIDAYS

Recommencing 19.04.2013—21.06.2013 (10 weeks)

19 Apr	FREE Coffee/Morning Tea outing (venue to be advised)
26 Apr	Positive Relationships—Cheree McGarry (Relationships Australia)
03 May	FREE Ten Pin Bowling Morning
10 May	Surfing Savvy—Internet Info with Mary
17 May	Fun & Games
24 May	Healthy Cooking on a Budget. Cooking Demo and Recipes
31 May	Social Outing—Groups Choice
07 Jun	SHOW PUBLIC HOLIDAY
14 Jun	Groups Choice Info Morning
21 Jun	Where to from here?

Friday's 9:30am to 12:00pm (approx)
FREE MORNING TEA WILL BE PROVIDED

The group will be facilitated by Louise



Hayes who is a Court Support Worker for DFVCAS*

The purpose of the group is to:

* Domestic and Family Violence Court Assistance (DFVCAS) is a free service that provides support and information regarding domestic and family violence. We offer assistance in domestic violence protection orders applications, information about the court process for obtaining protection orders, and support during the court process.

- * Provide a support network
- * Make friends and strengthen the group by participating in activities and outings
- * Experience a variety of ways for sharing and gaining knowledge about personal and social issues.
- * To have Fun

Participants input into planning sessions is welcomed.
The group will run for 18 weeks and participants can join at any time. (Numbers are limited)
All activities will be held at the Women's Health Centre unless otherwise stated.



- Free day care facilities are available if required while participating in the DV Support Group.
- To make a booking please contact the Womens Health Centre two weeks in advance on 4922 6585 as "City Occasional Day Care" sessions, are subject to vacancies only.



"Tough times never last, but tough people do"
- Robert H Schuller.