

## CENTRE FOR WOMEN'S, CHILDREN'S & FAMILY HEALTH

### Health and Wellbeing Workshops for Women

#### Yoga Tuesdays

Yoga is the union of mind, body and breath. In class we will explore and practice a wide range of gentle yoga poses, work with the breath and participate in deep relaxation. If you can breathe you can do yoga...and all yoga poses are adaptable to honour your body. This class will suit all women wishing to try or return to this beautiful practice. See you on the mat. Namaste!

**Tuesday (10weeks)      12<sup>th</sup> February until 16<sup>th</sup> April      10am- 11.15am**

#### Creative Journaling

These workshops will explore the world of creative journaling, the benefits of self-discovery, self-reflection and understanding. Journaling can be a place of discovery, learning, emotional relief, insight, imagination and inspiration.

**Tuesdays (3 weeks)      5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> March      10am- 12pm**

#### Meditation, Relaxation and Self-Care Group

Balance mind, body and spirit as you gently breathe stress from your body, nurture yourself with loving kindness and join other women in a calm healing meditation.

**Friday (8 weeks)      1<sup>st</sup> February until 29<sup>th</sup> March (excludes 8<sup>th</sup> March) 10am- 12pm**

### 1x Day workshops

#### International Women's Day - Feminism in 2019

This workshop held on International Women's Day looks at feminism and its impacts of the past 120 years and the relevance of feminism in 2019. Women are invited to join this workshop and enjoy information and take part in a discussion on the relevance of feminism in our current times

Includes lunch and 'Suffragettes' movie

**Friday 8<sup>th</sup> March one off Workshop      10am -2pm**

#### Sound Healing

Sound has been utilized in various cultures for thousands of years as a tool for healing. Sound helps to facilitate shifts in our brainwave state by using entrainment.

- date TBC      11am-1pm

## TERM 1, 2019 GROUP PROGRAM



### Therapeutic Groups

#### Managing Difficult Emotions

A group for women seeking practical tools and skills for understanding, living with and expressing strong overwhelming emotions. Practical strategies for dealing with emotions such as grief, anger, frustration, sadness, fear, anxiety, depression etc. Creative and practical strategies around increasing: self-esteem, feelings of self-worth, self-confidence, assertiveness, happiness and hope.

**Thursdays (8 weeks)      7<sup>th</sup> February until 28<sup>th</sup> March      10am- 12:30 pm**

#### Assertiveness, Boundaries & Confidence

Assertiveness is the skill of being able to stand up for yourself in a calm, respectful and positive way. It is a skill you can learn and get better at by practicing it. Establishing physical, social and emotional boundaries help us to judge the acceptable and unacceptable in all our social interactions. Identifying boundaries and practical strategies to keep them can be a part of self-care. Confidence, self-confidence is about having trust in oneself and one's own abilities which helps develop positive and healthy self-esteem.

**Tuesdays (3 weeks)      5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> February      10am -1pm**

#### Reclaiming Lives

This is a group for SHLV clients that acknowledges the impact violence and abuse has had on their lives and looks at recovering hopes and dreams for the future. The group includes an understanding of domestic violence practical support and advocacy, goal setting and vision/action boards. This group offers practical strategies to rebuild and reclaim lives that have been effected by domestic violence.

**Monday (6weeks)      11<sup>th</sup> February until 18<sup>th</sup> March      10am- 12pm**

**Please be aware that all of our groups and workshops are FREE of Charge**

#### **Bookings are essential**

**Make sure to register your interest at least 2 weeks prior to the beginning of group. – bookings close 1 week before group begins**

**Limited child care available -**

**To register, please phone Intake on 1800 077 760 (free call)**

Centre for Women's, Children's & Family Health  
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