



Midland
Women's
Health
Care
Place Inc.

TERM 3 2009 GROUPS & ACTIVITIES

Please Turn Over for Timetable

Call 9250 2221 for bookings

Tea & Talk

Our fortnightly Tea & Talk Group is designed for local women of all stages of life, from all cultures and identities to come and talk on issues relevant to women's health, rights and lives in the local community. It's a great way to make friends and share stories.

Take Care of Yourself

These free workshops offer you the chance to take some time for your own wellbeing and learn skills and tools for self care and rejuvenation. Brought to you in Partnership with Ishar Multicultural Women's Health Centre and open to Carers and all women who care for others in their day to day life.

Belly Dancing

You are invited to take time off and experience the invigorating power of music, dance, body movement and connection with the feminine part of your identity.

Pampering Session

Spoil yourself at the pampering session with Janet.

Living Food

Zofia will share her knowledge and experience as an ardent user and supporter of "living food" as a healing part of our meals.

Creative Self Expression

Celebrate your identity by creating the tree of your life.

Dealing with Substance Abuse

Talk through issues of substance abuse and mental health in CaLD communities. This talk will be beneficial for Clients, Service Providers and volunteers.

Learn To Meditate

Take the time to de-stress once in a while with these low cost meditations run by Miranda Divine.

Chatterbuster

Don't know how to stop the chatter and really get into meditation? Do you find that any quiet moments are interrupted with making a shopping list in your head? Learn some easy techniques to discover the art of relaxing.

Sleep Easier

Interrupted sleep, waking up in the night or having restless sleep interferes with many aspects of life, including anxiety, stress, weight gain and attention. Learn a variety of techniques including relaxation to lessen these distressing and distracting habits.

Buteyko Breathing

This is a basic introductory session to Buteyko breathing. Learn the benefits of monitoring your breathing and improve your health. Great for stress relief and can help break the anxiety cycle.

Self Esteem

This group is a one off Taster course run by Monica MWHCP Counsellor.

Our self esteem develops and evolves through our life experiences. A healthy self image can shape our lives and help us to bounce back from life's challenges. This intro course gives women some helpful techniques for building Self Esteem enabling you to feel good about yourself.

Stress Management

This group is a one off Taster course run by Monica MWHCP Counsellor.

This group gives you some primary stress Management techniques and helps you to recognise and reduce stress in a positive encouraging environment. In alleviating stress we can minimise illness insomnia and hypertension.

Hand and Foot Massage

Our feet and hands are the most used parts of our body and yet they are often the most neglected. This workshop is a wonderful way to relax tired feet and hands and rejuvenate both body and mind.

Indian Head Massage

A practical hands-on introductory course in Indian Head Massage. Students will be guided through some of the basics of the shoulder, neck, scalp and face massage practicing on other students within the class. Facilitated by Miranda Divine this course is a great way to learn a new skill and also get a few hours of pampering for yourself!

Call on 9250 2221 to book your place in any of our courses!

**Please let us know
if there are any courses you would like to see in our next programme.**



TERM 3 2009 TIMETABLE

Please note: Groups must reach a minimum number of bookings before they can

ACTIVITY	FREQUENCY	DAY	DATE	TIME	COST	TYPE
Meet new Friends						
Tea & Talk	Fortnightly Ongoing	Tuesday	Continues 21/7/09	5pm–6:30pm	Gold Coin	Casual
Relax and Recharge						
Chatterbusters Meditation	One-off	Monday	17/8/2009	1pm-2.30pm	\$15.00	Must book
Breathe Easy Meditation	One-off	Monday	3/8/09	1pm-2.30pm	\$15.00	Must book
Sleep Easy Meditation	One-off	Monday	7/9/2009	1pm-2.30pm	\$15.00	Must book
Care for Yourself						
Living Food	One-off	Monday	24/08/2009	1pm–2.30pm	FREE	Must book
Pampering Session	One-off	Monday	10/08/2009	1pm–2.30pm	FREE	Must book
Belly Dancing –Intro class	One-off	Monday	17/08/2009	1pm–2.30pm	FREE	Must book
Creative Self-Expression	One-off	Monday	7/09/2009	1pm–2.30pm	FREE	Must book
Try before you buy– Taster Groups						
Stress Management	One-Off	Wednesday	12/8/09	9.30am-11am	\$5.00	Must Book
Self Esteem	One –Off	Wednesday	9/9/2009	9.30am-11am	\$5.00	Must Book
Hand and Foot Massage	One-Off	Monday	14/9/2009	12.30pm-2.30pm	\$15.00	Must book
Learn Something New and Useful						
Belly Dance Classes	Weekly 6 sessions	Monday No Class on 24/8/09	3/08/09	9:30am-11:30am	\$48.00	Must book
Indian Head Massage	1 session	Monday	10/8/09	12.30pm-2.30pm	\$15.00	Must book
Substance Abuse & Mental Health in CaLD Communities	One-off	Monday	21/09/2009	1pm–2.30pm	FREE	Must book
Medical and counselling services –Bookings Essential						
Counselling for General Emotional Health	We have counsellors on staff most days for you to book in and talk to for short term counselling to do with all matters in life.					
Post Natal Depression	We have a specialist PND Counsellor on staff who can provide one-to-one support and small group therapy with a professional crèche.					
Post Traumatic Stress	We offer a specialist counselling and support group program which even includes a free weekend away for women who had PTS as a result of crime.					
PAP Smear Clinic	Every Tuesday a nurse from FPWA provides Pap Smears from our centre. Book your free appointment today.					
Mobile GP Clinic	On Thursdays the Mobile GP operates from our Centre. Call us for your bulk billed appointment with a helpful and considerate female GP.					