



Clinical and Counselling Services

MEDICAL & CLINICAL SERVICES @100

The medical and clinical staff provide women's health consultations, information, advice, counselling, support and treatment for a broad range of women's health issues including:

- Pregnancy Testing
- Vaccinations
- Emergency Contraception (the morning after pill)
- Breast Lumps
- Depression
- Menopause
- Menstrual Problems
- Pap Smears
- Sexually Transmissible Infections and Vaginal Infections
- Termination of Pregnancy
- Other women's health issues

The medical and clinical services are staffed by experienced women doctors with a special interest in women's health and experienced nurse counsellors who have specialised in women's health issues.

*For more information call:
9227 8122 or email info@whs.org.au*

CLINICAL ADVICE AND SUPPORT @100

Clinical information, counselling and support services are available by phone, in one to one sessions or in group sessions at our centre in Northbridge. The information, counselling and support services are confidential. Rural women can call **1800 998 399**.

One-to-one counselling sessions with an advanced practice nurse is \$10 per session. The fee for pregnancy testing is also \$10. These fees are always negotiable. Appointments are essential.

*For more information call:
9227 8122 or email info@whs.org.au*

CAHPP @100

CAHPP is a special program for women who have been abused during consultation with a health professional. This is a free service.

*For more information,
contact Dianne Rickman on: 92278122*

COUNSELLING @100

Women's Health Services provides a professional counselling service for women over the age of eighteen. Counselling is short term and available for such issues as depression, anxiety, panic attacks, relationships and past trauma.

Women can be referred to counselling by a doctor, agency, health practitioner or women can self-refer. There is a waiting list for appointments, which is usually about eight weeks. Counsellors are also available to run workshops and give talks to community groups on mental health issues.

*For more information call:
9227 8122 or email info@whs.org.au*

GET INVOLVED

Women's Health Services needs your assistance to help us be sustainable in the future. Your generous support will be vital in improving the benefits we provide to women and their families in Western Australia.

Volunteering, sponsorship, making a donation or joining our Association; these are just some of the ways you, or any organisation or business can make a real difference.

Work has now started on the construction site of our new premises on Newcastle Street. Our Building Fund has received wonderful support from LotteryWest and the East Perth Redevelopment Authority. We need your help to improve the efficiency and accessibility of our overall operation. Any donation, no matter how big or small, would help improve the quality of our new premises and would be greatly appreciated.

If you are interested in making a donation to WHS, or would like to find out more on how you can get involved:

*please contact Lynne Anderson on
9227 8122, via email on info@whs.org.au or
visit our website at www.whs.org.au
and click on Get Involved!*

**ALL DONATIONS OVER \$2
ARE TAX DEDUCTIBLE.**



Calendar of Events WOMENS HEALTH SERVICES

July to December 2009

Health Promotion and Education Programs

PHYSICAL ACTIVITY @100

Women's Health Services provides a range of low cost physical activity opportunities for women in the community, including groups for Aboriginal women. All classes are during school terms only.

Activities are available north and south of the river, and range from:

- Walking groups
- Bike workshops
- Gentle exercise classes
- Belly dancing, and
- Swimming lessons

Free Crèche available at events held at Women's Health Services and swimming lessons at Aqualife Victoria Park. Please let us know if you require Crèche facilities. A range of physical activities for children are also available.

*For more information please contact the
Community Development Program on: 9227 8122
or log on to our website at: www.whs.org.au*

NUTRITION PROGRAM @ 100

Women's Health Service provides a range of talks and activities on nutrition and it's influence on your physical and mental health. The program offers FOODcents workshops designed to show how we can eat healthy food while on a budget. Sessions include:

- Fun and Innovative budgeting talks
- Cooking workshops
- Supermarket tours

Workshops are also available for community groups, with information and activities catering to the needs and age of groups. Topics covered can include:

- General health eating
- Reading food labels
- Eating for heart health
- Healthy lunch box ideas for kids

Free Crèche available at events held at Women's Health Services. Please let us know if you require Crèche facilities.

*For further information, or to book a workshop
for your community group please contact Catie
on 9227 8122 or email
catiestephenson@whs.org.au*

MENTAL HEALTH COMMUNITY OUTREACH PROGRAM @100

A support program for mothers who live in the inner city & lower north metropolitan area & have a mental illness. Services include individual support & group activities.

MHCOP Group Activities Include:

- **Coffee Morning** (School Terms)
 - Thursdays 10.00 - 12.00 noon. Free. Crèche available. Take the opportunity to come in & meet with women who have similar issues, in a relaxed environment.
- **School Holiday Activities** - Free group activities for Mums & kids.
- **Physical Activity Program:** (School Terms): Tuesdays 1.00 - 2.00 pm. We will be running a number of different groups including Chi Gung, Belly Dancing, Pilates, Aqua, Yoga & Tai Chi.

*For more information contact MHCOP on:
9227 8122 or email outreach@whs.org.au*

ART THERAPY PROGRAM @100

Art Therapy Group

This six week art therapy group is offered to mothers with long-term mental illness who have young dependent children. It is an opportunity for women to come together in a supportive environment to share stories in a safe & non-threatening way using artistic expression. No art experience necessary. Confidentiality respected.

The group is non-judgmental & designed to value the individual's journey through:

- Inner-strength building
- Learning coping skills
- Self awareness & confidence
- Sharing (as much or as little as you want to)

TERM 3

When: 10.00am - 12.00pm, Wednesday
from July 29th to Sept 2nd
Where: Women's Health Services
100 Aberdeen Street, Northbridge

TERM 4

When: 10.00am - 12.00pm, Wednesdays
from Oct 21st to Nov 25th
Where: Women's Health Services
100 Aberdeen Street, Northbridge

Individual Art Therapy

Individual work with a qualified Art Therapist. Short term & long term available.

*For more information contact MHCOP on:
9227 8122 or email outreach@whs.org.au*

THE COST OF ALL INDIVIDUAL COUNSELLING SESSIONS IS:

\$40.00
for women
working
full time

\$20.00
for women
working
part-time

\$10.00
for women
who do not
work or have
a concession
card

**Fees can be
negotiated**

WOMENS HEALTH SERVICES

100 Aberdeen Street
Northbridge WA 6003

Phone:
(08) 9227 8122

Tollfree:
1800 998 399

Fax:
(08) 9227 6615

and

122 Aberdeen Street
Northbridge WA 6003

PO Box 32
Northbridge WA 6865

Phone:
(08) 9227 9032

Tollfree:
1800 246 655

Fax:
(08) 9227 5860

Email:
info@whs.org.au

Web:
www.whs.org.au

WOMENS HEALTH
CARE ASSOCIATION INC

ABN 81 007 269 571

FREE CERVICAL CANCER VACCINATIONS

Time is running out to get the free vaccine to protect against human papillomavirus. Enrollment has been extended until December 2009.
For more information, contact the clinic on: 9227 8122

Noticed the 'For Sale' sign outside 100?

Our new building is underway almost directly behind us on Newcastle Street! Updates will soon be posted on our revamped website.

Health Promotion & Education Programs

DRUG & ALCOHOL PROGRAM @122

The Drug and Alcohol Program (DAP) offers individual counselling and group work. The counselling process encourages women to self-assess their alcohol and other drug use, explore and address the range of issues underlying or contributing to their substance use, and provides an opportunity for positive change to occur whilst in the context of a supportive and safe environment. Group work opportunities include expressive therapy groups and short-term, structured, psycho-educational groups.

For more information contact DAP on: 9227 9032

CREATING EASE @122 (Formerly "Living with Ease")

This 8 week course is for anyone with the hope of a simpler, easier and happier life. We will look at creative ways to help you:

- Handle life's ups and downs
- Gain more enjoyment in your everyday life
- Move on from a troubled or difficult past
- Feel happier, more content and at ease with yourself.

The group uses mindfulness and simple meditation techniques plus some creative arts exercises to connect with and improve your life. Free Crèche available, please let us know if it is required.

When: 10.30m – 1.00pm Mondays
from Oct 12th to Nov 23rd

Where: Women's Health Services
122 Aberdeen Street, Northbridge
(Drug and Alcohol Program)

Cost: Gold coin donation

If you are interested in attending, or require more information please call Kara or Shantelle on: 9227 9032

CLAIMING YOUR LIFE @ 122

DAP is pleased to offer this 8 week course which will explore the subjects of self-esteem, boundary setting, self-care, and owning and expressing your own reality and needs. This program offers a safe and supportive environment to address these issues, to help empower you and improve your life. Free Crèche available, bookings required.

Anyone who is looking for help with any aspect of their life is more than welcome to attend. This course is particularly suitable for anyone who is or was in a relationship with someone whose drug and/or alcohol use is or was problematic to them (parent, sibling, partner, friends, child).

When: 10.30am - 1.00pm, Mondays
from Oct 12th to Nov 23rd

Where: Women's Health Services
122 Aberdeen Street, Northbridge
(Drug and Alcohol Program)

If you are interested in attending, or for more information please contact Valerie or Sally on: 9227 9032

PEPISU WOMEN AND CHILDREN'S PROGRAM @122

The PEPISU Program provides a range of services for women who are pregnant and/or are parenting with substance use issues and for their families. There are also services for children affected by parental AOD use. All program activities are free and there is an on site crèche available for children. The PEPISU team is committed to a client centred approach in the development and delivery of all aspects of the program.

PEPISU Services include:

- Individual, couple, family and outreach counselling services including advocacy and support if required.
- Coffee morning, Tuesdays 10-1.00pm Crèche available.
- Esteem through Creativity (ETC) children's group. A self esteem group for children using an expressive/art therapy approach.
- School holiday programs.
- Minding Our Moods (MOMs) group for women experiencing anxiety, depression and other uncomfortable feelings.
- On site TAFE classes.
- Social and recreational activities
- Baby steps. An information and support group for mums and their babies (0-18 months).
- Parenting groups.
- And other services as identified by the women and children we work with.

*For more information contact PEPISU on:
9227 9032 or 0407 440 557*

WOMENS HEALTH SERVICES WEBSITE

The Women's Health Services website provides health and service information to women everywhere. The website features information on all WHS programs, services and opportunities to Get Involved.

The Women's Health Services website is currently being updated with a variety of new features and an easy-to-use format. In addition to a new look, our website will now feature:

- A Directory of Services for women in W.A
- A discussion Forum for both community members & Health Professionals
- Multilingual multimedia, including podcasts, videos and images
- News updates on WHS and our new building development

To access the Women's Health Services website go to www.whs.org.au

If you wish to be included on our resource distribution list, assist in the translation of Online Information, or if you wish for your service to be assessed for inclusion in the Links page, please email info@whs.org.au

PERINATAL MENTAL HEALTH PROGRAM @100

(Incorporating the ABC Group program)

The Perinatal Mental Health Program offers therapeutic and support services to women diagnosed with, or at risk of, postnatal depression and anxiety. This program provides telephone information and support, assessment, counselling and outreach services, the Adjusting to Baby & Change Group Therapy Program, partner information sessions and free crèche facilities. Women are welcome to self-refer or may be referred by their health professional. Women with a diagnosable disorder, referred by their psychiatrist or GP, may be eligible for Medicare rebates to access WHS perinatal clinical psychology services at no out of pocket expense.

*For more information please contact
Kim on: 9227 8122.*

ADJUSTING TO BABY AND CHANGE GROUP @100

This nine week therapeutic program assists women diagnosed with or at risk of postnatal depression or anxiety to learn skills and behaviours to reduce symptoms, assist recovery and reduce risk of relapse. The program uses a Cognitive-Behavioural approach and is conducted in collaboration with WHS clinical psychologist Sue Bailey. The Adjusting to Baby & Change group is available to women residing in the inner-city and lower north metro area. Groups run weekly during each school term. Individual assessment is required prior to joining the program.

*For more information please contact
Kim on: 9227 8122.*

INFORMATION SESSION FOR PARTNERS & SUPPORT PEOPLE

This information session is targeted at partners and support-people of women attending WHS's ABC group program. Topics covered include: what is postnatal depression and anxiety, treatment options, effects on partners and families, strategies for support, effective communication and looking towards the future. One after-hours information session will be offered each term.

*For more information please contact
Kim on: 9227 8122.*

WOMEN'S LEGAL REFERRAL SERVICE

The Women's Legal Referral Service (WLRS) assists women who are victims of domestic violence to seek property settlements.

WLRS is funded by the Department of the Attorney General to provide a service whereby women can be supported by the program manager through the entire legal process, to a successful settlement. Increased funding has enabled the program to increase staff numbers as well allow for the acquisition of eleven lawyers from various firms to support the program.

Most clients are referred from Legal Aid, DVAS, Family Court, refuges and multi-cultural agencies

*For more information please
contact Di Annear on: 9328 1117*

Other Programs

ABORIGINAL GRANDPARENT FAMILY SUPPORT @122

This program aims to support and strengthen Aboriginal grandparents and their families through the generations.

The program provides information, advocacy and referral as well as group activities, respite camps and peer support groups. The program operates from 122 Aberdeen St.

For more information please contact Averil on: 9227 9032.

YOWARLING (SINGING UP) FAMILY PROJECT

Providing counselling and support Services for women and their families with Drug and Alcohol issues.

Aims: Reduce the negative impact of parental misuse of Alcohol and Other Drugs on Aboriginal families with children aged to 18 years.

- Drug and alcohol Awareness * counselling
- Self Esteem workshop (ETC for children)
- Referrals to other alcohol & drug services and programs
- Playgroups
- Cultural & Recreational Activities
- Protective Behaviours training

For more information please contact Averil on: 9227 9032.

MOORT WARRPING WARR (FAMILY PLAYING PLACE) @122

Parenting and Play Group for Aboriginal parents/caregivers and young children.

For more information contact Averil on: 9227 9032.

MULTICULTURAL WOMEN'S ADVOCACY SERVICE (MWAS)

MWAS promotes the safety of women, with or without children, from culturally and linguistically diverse backgrounds who have experienced or are at risk of domestic violence. The Service is available to women who are recent arrivals or long-term residents. Women may be in crisis situations, in refuges, still remaining in their relationships or re-establishing themselves in the community after leaving refuges. Currently the outreach service operates from Northbridge, Mirrabooka, Gosnells, Fremantle and Rockingham/Mandurah.

For more information, please contact MWAS on:

*Northbridge: 9328 1200 or 9227 8122 Gosnells: 9490 4988
Mirrabooka: 9344 8988 Fremantle: 9336 8282
Rockingham/Mandurah: 0430515261*

MWAS SUPPORT GROUP FOR WOMEN

The Multicultural Womens Advocacy Service (MWAS) has support groups for their clients aimed at providing information, support and activities. Clients get an opportunity to share experiences, build friendships, receive information on a wide variety of issues and participate and organise recreational activities. Currently the groups are across the metropolitan area and Mandurah.

For more information please contact MWAS on: 9328 1200