

WELCOME

Welcome to Central West Women's Health Centre, a community based service run by women for women.

Women of all ages, cultures, sexual orientation, gender identity and beliefs are welcome.

We believe every woman has the right to make her own informed decisions about her health and her life.

Our trained team has a wide range of skills that cater for your health care needs. We aim to improve women's mental and physical well-being by promoting healthy lifestyles and providing access to reproductive health services. We also provide services for women who are experiencing depression or affected by violence.

SERVICES WE OFFER

Generalist Counselling for a range of issues including sexual assault, domestic/family violence, adult survivors of child abuse/sexual assault, depression, anxiety, grief/loss, carers, disability, self-esteem, identity, isolation and trauma.

Women's Health Nurse Clinic services include Cervical Screening (replaces PAP test), Sexual Health Screening, Post-natal checks, Pregnancy testing, Birth control methods, Family planning, Period problems, Menopause changes, Breast health, Continence support. Please Note: The nurse is unable to provide scripts, referrals to specialists or blood tests.

Child, Adolescent Trauma Counselling Service (CATS) is available for children and adolescents (under 18) who have been affected by abuse, (physical, emotional, mental, sexual), domestic & family violence, significant neglect, at risk of significant harm, or in 'out of home care'.

The counsellor also works with parents, carers and family members of the children and adolescents. Parenting programs are offered.

Support Service (also known as Case Management) services include support to access appropriate services, advocacy, provision of appropriate information, assistance with forms, safety planning, and other personal skill development.

Free Women's Walking Group held every Monday morning at 9.30am. A wonderful way to meet other women and get fit at the same time.

Health Promotion Sessions and Groups are offered covering a range of women's health issues. Groups include: Midlife Metamorphosis (menopause, mood & more), Mothers & Daughters (puberty matters), Out of the Dark (a family violence support program for women), Mindfulness, Healthy Lifestyles, Making a Difference to Domestic & Family Violence. Contact us to discuss other sessions of interest.

Pilates Classes are held throughout the year on. All women welcome. Contact us for registration details.

Meeting room is available for women's groups to use. Contact us for booking details.

WE WILL ALSO

Provide speakers for women's groups and other service providers.

Arrange clinics or health education sessions in your community or workplace.

Assist community organisations to develop health programs for their client groups.

Train other workers in women's health and related issues.

Make available our resources on request – brochures, books, videos and audio tapes.

COSTS

Our fee structure is put in place to support the centre and to allow us to continue to service our community.

Fees are payable for:

- Generalist Counselling
- Pilates
- Group Programs
- Health Promotion Sessions/Groups

The Women's Health Nurse Clinic is provided free of charge.

We offer concession to those who are eligible or unable to pay full fees.

All children's services are free, or invite a small donation.

No woman will be turned away because she cannot afford to pay.

DONATIONS

Our services are provided without charge or at low cost, however we ask women who can afford it to make a donation.

The money you donate helps us to continue to provide services to those who can't afford to contribute.



ABOUT US

Centre staff & board members are committed to helping to bring about changes which will make the community safer, fairer and more supportive for women and children.

OUR VALUES

Dignity - we treat all people in a way this is respectful of their diversity and as valued individuals.

Compassion - in our interactions with people we strive to be kind and empathic.

Optimism - the unwavering belief in the positive potential inherent in people and society.

OUR MISSION

We provide a unique, holistic women-centred approach to health and well-being to empower women and children from all cultures to make informed choices throughout their lives.

WE ACHIEVE THIS BY

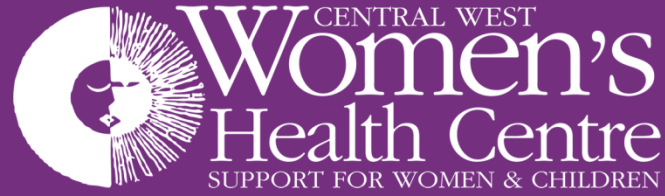
- Providing a trauma specialist service with a variety of approaches.
- Educating women and children.
- Providing a safe place for women and children to access services.
- Advocating for and supporting women from a feminist perspective.

Our early intervention, prevention and treatment approaches assist with reducing future health costs by addressing the many underlying issues that lead to adverse mental and physical health conditions if not treated appropriately.



www.cwwhc.org.au

Updated 8/6/17



CENTRAL WEST WOMEN'S HEALTH CENTRE

20 William Street
PO BOX 674 | Bathurst | NSW | 2795

Monday | Wednesday | Thursday
9AM – 12.30PM
1.30PM – 5.00PM

Tuesday
9AM – 12.30PM
3.00PM – 5.00PM

Closed Fridays and Weekends

PHONE: 02 6331 4133
FAX: 02 6332 4310
information@cwwhc.org.au
www.cwwhc.org.au
ABN: 28 614 767 988

Services are provided with funding assistance from Western NSW Local Health District, NSW Department of Family & Community Services and donations from the community.

