



Relationship Thursday

NSW Women's Week 2020



EVENT DETAILS

DATE

Thursday 5th March 2020

TIME

9.30am – Me and My Relationships

11.00am – DV-alert Awareness Session

5.30pm - Let's Talk About Sex
(a second session will run on Friday at 9.30am)

(Light refreshments provided)

VENUE

Central West Women's Health Centre
20 William Street
Bathurst

COST

Free

RSVP by 21 February 2020

T: 6331 4133

E: information@cwwhc.org.au



Supported with funding from
NSW Government & NSW

9.30am – Me and My Relationships facilitated by Relationships Australia this workshop will include information on the following topics:

- Understanding our emotions
- Self-care and confidence
- How to communicate effectively
- Setting healthy boundaries in relationships



11.00am – DV-alert Awareness Session facilitated by Stephanie Robinson from Lifeline Central West. This is a two-hour interactive presentation where individuals and groups can talk about the issue of domestic violence and what they can do to help make a difference. Session will include:

- Identifying signs and forms of abuse
- Cycle of violence,
- Reflection on what to do if someone you know is affected
- Tools and references for domestic and family violence support and referral



5.30pm - Let's Talk About Sex facilitated by Clinical Sexologist, CJ Baldry from ASSERTive Sexology.

This session will include information such as:

- ORGASMS – The FACTS
- 101 – Sex & Safety
- The Science of Attraction
- Love Language/Self Love Language
- The Importance of Pleasure
- You can't Dis-able my sex and
- LGBTTTIQAP+ = Let's Talk
- Plus much more...



Upon registration you will need to complete an anonymous survey to register the topics that are of interest to you. The survey can be found at <https://www.smartsurvey.co.uk/s/4NLK5/>



International Women's Day
#EachforEqual



For more information contact us on 02 6331 4133
www.cwwhc.org.au