

About us

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

Our values

Respect, Compassion, Empathy and Integrity

Our mission

We provide a unique, holistic women-centred preventative and treatment approach to health and well-being. We empower women and children of all ages, cultures, sexual orientation and gender identity 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.

CENTRAL WEST
WOMEN'S
HEALTH CENTRE
SUPPORT FOR WOMEN & CHILDREN

7 Lee Street, Kelso
PO BOX 674 - Bathurst - NSW - 2795

Monday to Friday
9:00am - 12:30pm
1:30pm - 5:00pm

Closed weekends

Let's
Connect

Phone
(02) 6331 4133

Website
www.cwwhc.org.au

Email
reception@cwwhc.org.au

We acknowledge the Wiradjuri people, the traditional custodians of the land on which we live and work, and pay respects to Elders past, present and emerging.



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

CENTRAL WEST
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The Central West Women's Health Centre is a non-government, community based, feminist service.



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 access to reproductive health services. We also provide services for women that are experiencing depression and 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, Sexual Health Screening, Postnatal 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 Services (CATS) is available for children and adolescents (under 18) who have been affected by abuse, (physical, emotional, mental, sexual), domestic and family violence, significant neglect, at risk of significant harm, or in out of home care. Counsellors also work with parents, carers and families of the children and adolescents. Parenting programs are offered.



Support 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 at 9:15am at Macquarie Park.

Health Promotion Sessions and Groups are offered covering a range of women's health issues. Topics covered include: Grieving, puberty, perimenopause and menopause, motherhood, mindfulness, etc.

Yoga Classes are held throughout the school terms. All women are welcome. Contact us for registration details.

Group 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 clinic or health education sessions in your community or workplace.

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

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

Make available our resources on request - brochures, books, videos, etc.

Costs

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

Fees are payable for:

- Generalist Counselling
- Group Programs

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.

CWWHC is an approved Work and Development Order Sponsor.

No woman will be turned away because they 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 providing services to those who cannot afford to contribute.

