

The Gosnells Grapevine

Gosnells Women's Health Service Inc.
Supporting women in the south-east metro area
Term 1, 2011

Suite 7, Level 1
Gosnells Community
Lotteries House
(next to Australia Post)
2232c Albany Highway
(entrance off Dorothy St)

GOSNELLS WA 6110
P O Box 422
GOSNELLS WA 6990

GPS Co-ordinates
32° 4' 17" South
116° 0' 9" East

☎ 9490 2258
Fax 9490 1365

info@gwhs.com.au
www.gwhs.com.au
www.facebook.com
Opening Hours
Mon-Fri 9.00am - 4.30pm
Closed 12.30pm - 1.30pm

Our Aim

Gosnells Women's Health Service promotes the overall wellbeing, self-esteem, independence, self responsibility and health awareness of women in our community.

Welcome Back

We would like to take this opportunity to thank everyone who supported GWHS in 2010 and wish you all the best for 2011.

You may find yourself at this time reflecting on the past year and become aware of what you experienced throughout 2010.

Often in a year we can find ourselves meeting changes and challenges. Some changes over the past year may have triggered new or old issues, bringing them to the forefront. We can find ourselves in old patterns feeling exhausted and stuck in our circumstances. The thought of accessing help can be a daunting one which can either stop us from reaching out or motivate us to make changes to our life.

CRECHE VOLUNTEERS THURSDAYS AT GOSNELLS

9.15am - 12pm during school terms. Contact Narelle 9490 2258.
Current Working With Children Check is a must!

Donations Appreciated

If you have any new, unwanted items or unwanted gifts, then please consider donating them to GWHS for our fundraising activities. We are also grateful for any monetary donations.



Bailey's
COFFEE
& CREAM

CATERING
SPECIALISTS
94907711



Thank You

GWHS held our 'Bazaar Nights & Camel Bites' fundraiser on Saturday 20th of November 2010. More than 100 people attended. Thanks to Adam and Richelle of Bailey Fitness, Wanda Koops—Pheonix Trading, and Clare Kenward—make up artist who donated the silent auction prizes. Thanks to Kathryn and Mark Bailey from Bailey's Coffee and Cream who volunteered their entire day, as well as food and alcohol and provided us with a meal, to all the dancers from Mad Camel Belly dance who performed. Without you all the night would not have gone ahead! Thanks to John our fantastic musician, to Narelle for working the door, Tony for photography and to everyone who helped set up and pack up. A big thanks to everyone who came and attended the event. GWHS managed to raise over \$2000 helping GWHS to fund a crèche for our counselling services. We appreciate everything that everyone did to make the event a success!

GWHS is proudly sponsored by Lotteries WA, WA Health Department, Department of Family, Community Services and Indigenous Affairs.

GWHS is accessible and inclusive. For any specific requirements please contact our Administration Officer to discuss.

All donations over \$2 are tax deductible.

News & Events

Group Room for Hire

Overlooking the beautiful Pioneer Park, our spacious and air conditioned Group Room is available for hire for meetings and workshops for just \$15. For community based organisations it is only \$10. A laptop/data projector and whiteboard are included if required. The room is also adjacent to our modern kitchen complete with cooking facilities. For further enquiries please phone 9490 2258 or info@gwhs.com.au

GWHS Children's Book Exchange

Reading to children from birth is so important for their development, but books can be very expensive to buy and own. Community members can come into GWHS and get books to take home to read to their children. It doesn't cost anything to be involved. We just want to pass on a love of reading to all children!



International Women's Day

At GWHS we want to celebrate the achievements of women in our community. If you know someone who has overcome great hardship, is selfless in everything they do or just needs to be appreciated for who they are then nominate them in our *PhotoVoice: Celebrating Everyday Women* competition.

Competition requirements include:

- ♥ A photograph of the nominee that illustrates their achievements (in JPEG or TIFF format)
- ♥ A supporting brief blurb (100 words or less) detailing why she should be celebrated

Entry forms are available at the GWHS office.



Sewing & Crèche Volunteers Wanted

GWHS are seeking dedicated volunteers. A current Working With Children Check will be required if you are volunteering in our crèche, along with signing a Confidentiality Statement. No cost will be incurred.

SEWING VOLUNTEERS

MONDAYS AT GOSNELLS for the Save the Children Program

9am - 12.30pm. Contact Christine, christine.ianson@savethechildren.org.au

CRECHE VOLUNTEERS

MONDAYS, WEDNESDAYS & FRIDAYS AT GOSNELLS for the Save the Children Program

9.30am - 12.30pm during school terms. Contact Christine, christine.ianson@savethechildren.org.au

CRECHE & SEWING

VOLUNTEERS TUESDAYS AT GOSNELLS

9am - 12pm during school terms. Contact Anna on 9490 2258.

We are also seeking donations of materials for our sewing classes. If you're wanting to donate, please contact Anna on 9490 2258.



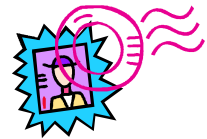
Charitable Donation Centre

GWHS staff have been awe inspired by the generosity of our members. Two years ago we started a project asking for donations of non-perishable food, clothing, toys and home wares that we could pass on to a local women's refuge. The support has been overwhelming meaning that we are able to offer support to families in need. As a result we have opened a dedicated Charitable Donation centre where items can be stored until they can be re-homed (free of charge) with a family that really needs them.

For more information on the centre or to find out how you can volunteer time to make this a success please contact GWHS—9490 2258.

Donations of Stamps

GWHS is currently looking for donations of used postal stamps. We are collecting them as a fundraising effort and ask if you have an letters arrive that have a postage stamp please tear it off and drop them in to us!



GWHS Carer's Key Principles

Gosnells Women's Health Service

- ★ Acknowledges, respects and supports the valuable contribution made by carers to those they care for and to the community
- ★ Accept the significant role of carers, along with those receiving care with GWHS
- ★ Ensure information is provided to carers on their rights when working with GWHS
- ★ Acknowledge carers as individuals with their own needs within and beyond the caring situation
- ★ Value the expertise and skills of carers in relation to their caring role
- ★ Acknowledges and identifies the diversity of carers' individual needs, taking into consideration cultural differences, age, disability, religion, socio-economic status, gender identification and location
- ★ Ensure that programs and service for carers are responsive, timely, coordinated, innovative, flexible, and appropriate
- ★ Ensure the appropriate sharing of information and decisions on care with the carers in matters that affect them or the care they provide.



Building Stronger Families

Family brings out the best and the worst in each of us. Families and relationships are hard work and sometimes we need some help. Our professionally qualified counsellors offer counselling in a supportive, confidential, warm and friendly environment.

Family counselling is very similar to individual or couple counselling, in that the counselling process may help to promote better relationships and understanding within a family to nurture change and development. The counsellor helps to facilitate the process to enable each family member the opportunity to express and contribute within the sessions.

Family Counselling can help families who are experiencing separation, divorce, the approaching death or death of a family member; it can also be useful for new relationships and marriages where children or young adults are involved.



Useful Phone Numbers for All Women

Lifeline (24 hrs) 13 11 14

Beyond Blue Info Line

1300 22 4636

Suicide Call Back Service

1300 659 467

Crisis Care (24 hrs) 9223 1111 or 1800 199 008

SANE Mental Illness Helpline

9682 5933 or 1800 187 263

Parenting Line (24 hrs) 6279 1200 or 1800 654 432 (country calls)

Post Natal Depression Support Association 9340 1622

Women's Domestic Violence Helpline (24 hrs) 9223 1188 or 1800 007 339

Sexual Assault Resource Centre
24hrs Crisis Line 9340 1828



Counselling

Perinatal Mental Health

What is Perinatal Mental Health?

Perinatal depression is the collective term used to describe both antenatal and postnatal depression.

Some women may experience depression during pregnancy and this is referred to as **Antenatal Depression**. Around 10 per cent of pregnant women in Australia experience antenatal depression and it is less common than depression which is experienced after the birth of a baby. **Postnatal depression (PND)** is the name given to depression that a woman experiences in the months after the birth of her baby. Postnatal depression affects almost 16 per cent of women giving birth in Australia.

Developing postnatal anxiety or depression does not mean you do not love your baby. In fact, these mothers tend to be overwhelmed with concern about their babies and the fear that they are not being a "good enough" mother

Adjusting to life as a mother can be difficult. At GWHS we can help mother's learn more about Postnatal Depression like:

- Postnatal Depression Therapy Group presented by Tiffany, Clinical Psychologist.
- Postnatal Depression Free Information Session presented by Jenny, qualified counsellor.
- One on one counselling session with one of our professionally qualified counsellors.

If you would like to know more about the courses above or to receive notification of when our quarterly newsletter is available on our website, as well as being kept up to date on what's happening at GWHS, please supply us with your email address info@gwhs.com.au



General Counselling

In a supportive, confidential, warm and friendly environment we offer counselling in the areas of depression, anxiety, self esteem, grief, personal growth, relationships, and domestic violence.

The Sexual Assault Resource Centre (SARC)

Where: The Gosnells Women's Health Service - Outreach

When: Mondays 9am to 5pm

The Sexual Assault Resource Centre (SARC) is a free and confidential service provided by the Department of Health. One day a week at the Gosnells Women's Health Service, SARC provides a counselling service for female clients over the age of 13yrs. Professional social workers and psychologists provide short to medium term counselling to people who are experiencing difficulties as a result of a historic or recent sexual assault or sexual abuse.

SARC also provides a 24 hour crisis service to support any male and female individual over the age of 13yrs who have experienced a recent sexual assault and who may benefit from a medical, forensic and/or a crisis counselling service, as well as ongoing counselling support at different locations across Perth. SARC can provide information related to reporting to the police and will support a client in their choice whether to involve the police or not.

To refer for counselling during business hours, or to access our 24 hour crisis service for recent sexual assaults, phone (08) 9340 1828



Gosnell's Women's Health Service Inc.

Calendar of Events

Term 1, 2011

www.gwhs.com.au

Mondays

Self Esteem

Self Esteem is the way you look at yourself. Do you lack self confidence, doubt your ability and/or think negatively of yourself. This course involves you getting to know more about yourself and developing a greater sense of self worth and self esteem. Topics include: Expectations, Self-Confidence, Self-Talk, Self-Praising, Assertiveness, Communication, Problem Solving, Conflict Resolution and Goal Setting.

Presented by Jenny

Professionally qualified Counsellor.

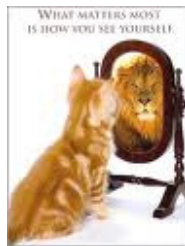
DATES: February 28th—April 11th (6 weeks)

TIME: 9.30am - 11.30am

COST: \$20 or Free for Members.

Bookings essential 9490 2258.

WHERE: GWHS Group Room



Tuesdays or Fridays

Child Car Restraint Checks

Book an appointment to get a Roadwise qualified child car restraint checker to ensure that your children's car seats are correctly fitted.

WHEN: Tuesday afternoons, Friday anytime.

No appointments during school holidays.

Bookings essential 9490 2258.

COST: \$5 for families (up to 3 seats),

\$5/seat for Day Care Centres



Tuesdays

Eat Well, Live Well Group

Come along and meet other women working on losing weight and staying healthy. Having a group for support helps to stay motivated and keep positive about your goals. The group meets weekly and will set healthy achievable goals, discuss physical activity options, weigh in (if you choose) and cook healthy snacks.

DATES: Every Tuesday throughout term (8th February-19th April)

TIME: 9:30am—10:30am

COST: \$2 per session

WHERE: GWHS Group Room



Tuesdays

Multicultural Playgroup

Supported playgroup with activities for Mums and children. For more information please contact Anna Lambeck anna.lambeck@gwhs.com.au

DATE: Tuesdays

TIME: 10am - 12pm

COST: Free



Tuesdays

Zumba is the new Latin inspired dance fitness craze that is sweeping WA. www.madcamelbellydance.webs.com

DATES: 8th February– 19th April

TIME: 6pm

COST: \$10 per session or \$90 for a class of 10. Pay on the night. No need to book just bring your sense of fun and a bottle of water..

WHERE: Lyl Richardson Hall, Agonis building (next to the Knowledge Centre)



Tuesdays

African Supported Playgroup

We invite you to attend this Playgroup where you will have the opportunity to meet other mums and experience support, fun and learning for both yourself and your children. If you would like to join please contact Sophie Lawrance Counsellor/Co-ordinator SophieLawrance@gwhs.com.au or 9490 2258.

DATES: 8th February - 19th April, 2010

TIME: 10.30am - 12.30pm

COST: Free

WHERE: Brookman House, 25 Brookman Ave, Langford



Tuesday

International Women's Day

Come and celebrate International Women's Day with a morning tea at Pioneer Park. Enter or vote in the PhotoVoice competition, taste traditional cuisines and meet and chat to other women in the community. (NB: Please see separate flyer for competition details).

DATE: 8th March

TIME: 9:30am—11:30am

COST: Free

WHERE: Pioneer Park, Gosnell's (behind Agonis building)



Tuesday

Women Learn to Ride

When was the last time you rode a bike? Or have you never learnt to ride? Cycling is great for physical, social, emotional and mental health. Come celebrate *Bike Week* with a tutorial that will teach you safety techniques, bike repair tips and general cycling skills. It's as easy as learning to ride a bike! Giveaways for participation.

DATE: 22nd March

TIME: 9:30am—11:30am

COST: \$20 or Free for Members

WHERE: Pioneer Park (behind the Agonis building)



Department of Health and Human Services
Transport



Wednesday

Wednesday Women's Walk and Talk Group

Join some other mothers for a walk around scenic Pioneer Park followed by tea/coffee in our Group Room. There are also toys for the children to play with.

DATES: 9th February—13th April

TIME: 9.30am walk, 10.30am tea/coffee

WHERE: Meet in Gosnells Community Lotteries House foyer

Activities or information sessions after walking

Speech Pathologist

DATE: 16th February

TIME: 10.30am - 11.30am

COST: \$20 or Free for Members.

Bookings essential 9490 2258.



Promoting Positive Behaviours—Parenting WA

DATE: 9th March

TIME: 10.30-11.30am

COST: \$20 or Free for Members.

Bookings essential 9490 2258



Easter Craft

DATE: 13th April

TIME: 10.30am - 12.00pm

COST: Free. Bookings essential 9490 2258

Thursday

Eyes & Ears Information Session

Do you find that more and more you are squinting to read or see long distance or straining to hear someone sitting next to you? Or maybe you would like to prevent eye problems and deafness later in life. If so, come to this information session to learn about prevention and treatment methods for common eye and ear problems.

DATE: 17th March

TIME: 2:30pm-3:30pm

COST: \$20 or Free for Members

WHERE: GWHS Group Room



Thursdays

Babies to Babes - 10 Week Group Personal Training

Have you recently had a baby and want to get fit? The program is a great way to meet other mums, get fit and have fun with your baby by your side. There are no worries about your baby crying as this program is designed for mums and babies! Just bring yourself, your baby in their pram, suitable shoes and a water bottle.

DATE: 10th February— 14th April

TIME: 10am - 11am

COST: \$35. Bookings essential 9490 2258.

WHERE: Maddington Community Centre
(cnr Alcock & Yule St)

WHAT TO BRING: Please ensure you wear appropriate clothing and footwear, and bring a bottle of water and towel.



Thursdays

Women Working Out - 10 Week Group Personal Training

For many families joining a gym is not affordable. This 10 week workshop is designed to teach women how to exercise and tone their bodies without the need of a gym membership. The workouts and exercise techniques you will learn over the 10 weeks will give you the skills to work out in the comfort of your own home and achieve your weight loss or fitness goals.



DATE: 10th February—14th April

TIME: 9am - 10am

COST: \$35. Bookings essential 9490 2258.

WHERE: Maddington Community Centre
(cnr Alcock & Yule St)



WHAT TO BRING: Please ensure you wear appropriate clothing and footwear, and bring a bottle of water and towel.

Thursday Evenings

Dancing is a great way to get fit and find some physical activity. We have:

Belly Dancing

Come and join us to have fun and get fit. Introductory belly dancing classes are offered by an experienced teacher. A fantastic way to meet new people, do some exercise and have a great time. www.madcamelbellydance.webs.com.

DATES: 10th February—31st March (8 weeks)

TIME: 7pm - 8pm

COST: \$55. Bookings essential 9490 2258.

WHERE: Lyal Richardson Hall, Agonis building
(next to the Knowledge Centre)



Parking available out the front of Bailey's Coffee Shop (Albany Hwy side) or the Knowledge Centre (along Federation Parade).

Mums & Daughters Belly Dancing Class is designed so that the dances are appropriate for both mum and daughter (child). It is a fun and relaxed dance class where mums and daughters can spend time laughing and dancing together.

www.madcamelbellydance.webs.com

DATES: 10th February— 31st March (8 weeks)

TIME: 6pm - 7pm

COST: Mums \$55, Children \$25.

Bookings essential 9490 2258.

WHERE: Lyal Richardson Hall, Agonis building
(next to the Knowledge Centre)



Parking available out the front of Bailey's Coffee Shop (Albany Hwy side) or the Knowledge Centre (along Federation Parade).

Thursday Evenings

Zumba is the new Latin inspired dance fitness craze that is sweeping WA. Come and join us for some fun, fitness and laughter. www.madcamelbellydance.webs.com

DATES: 10th February— 14th April

Time: 8.10pm

COST: \$10 per session or \$90 for a class of 10. Pay on the night. No need to book just bring your sense of fun and a bottle of water..

WHERE: Lyal Richardson Hall, Agonis building
(next to the Knowledge Centre)



Thursdays

Postnatal Depression Therapy Group

Presented by Tiffany, Clinical Psychologist

DATES: February 3rd - April 7th (10 sessions)

TIME: 9.30am - 11.30am. Morning tea provided.

There are **3 partner/support person evenings on Feb 3rd, March 3rd & March 31st. 5.30pm - 8pm.**
Refreshments provided.

COST: **Free for Members. An initial assessment is essential for new clients prior to commencing.**

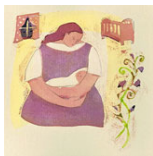
WHERE: GWHS Group Room

Crèche available for all sessions. \$5/child.

Crèche bookings essential. Contact Jenny 9490 2258.



Partner/support person evenings presented by Hey Dad WA Ngala



Thursday Evening.

Postnatal Depression Free Information Session

Pregnancy and early parenthood can be a stressful time. It can be difficult to know whether you are just feeling a little down or stressed, or whether you have symptoms of depression or anxiety. Attending this free information session evening can be your first step to the recovery process. The information session will be useful for all who are impacted by PND including partners. (Beyondblue, Emotional Health During Pregnancy and Early Parenthood, 2009)

Information session includes, overview of PND, PND video, symptoms, risk factors and treatment options. Presented by Jenny, Professionally Qualified Counsellor.

DATE: April 7th

TIME: 5.30pm - 8.00pm. Refreshments provided.

COST: Free. Bookings essential 9490 2258.

WHERE: Upstairs meeting room 2 (1st floor of Gosnells Community Lotteries House)

Crèche available. \$5/child.

Crèche bookings essential. Contact Jenny 9490 2258



Thursday

Teddy Bear Picnic and Craft Morning

Come along for a picnic this morning followed by arts and crafts, food, fun and laughter. Children of all ages are welcome. Don't forget to bring your teddy.

DATE: 7th April

TIME: 9:00am—10:30am

COST: Free. Bookings Essential

WHERE: Pioneer Park



Thursday

Calm Baby - Reflexology Workshop

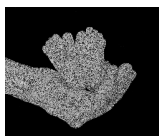
Calm Babies is a very practical hands on class as you use the reflex points in the feet that relate to the whole body to calm your baby. The techniques you will learn in this class will help with a variety of baby behaviours from happy babies, irritable babies, babies in pain or unsettled babies. Please bring a blanket for your baby to lay on.

DATE: 3rd March

TIME: 10.30am - 11.30am

COST: \$10. Bookings essential

WHERE: GWHS Group Room



Thursday

Alcohol and Smoking During Pregnancy

This information session will outline the effects of drinking alcohol and smoking during pregnancy and breastfeeding as well as discuss current research on the topic.

DATE: 10th February

TIME: 2:30pm—3:30pm

COST: \$20 or Free for Members

Bookings Essential 9490 2258

WHERE: GWHS Group Room



Thursday Evening

Negotiating Love in the Bedroom

Are you or your partner experiencing a loss of libido? Is this putting a strain on your relationship? Many couples may experience this at some point in their relationship. This information session will cover possible causes of decreased libido and how to increase communication between you and your partner to discuss the issue.

DATE: 10th March

TIME: 5:30pm—7:30pm

COST: \$20 or Free for Members

Bookings essential 9490 2258

WHERE: GWHS Group Room



Thursday & Friday

School Holiday Cooking Program

Do your children enjoy cooking? Do you not have the time to cook with them? The two day school holiday cooking program aims to teach kids kitchen safety, their way around the kitchen and some simple recipes that they can cook for the whole family.

DATES: Thursday 28th and Friday 29th April

TIME: 10.00am—12.00pm 5-7 years

2.00pm—4.00pm 8-12 years

COST: \$10. Bookings essential 9490 2258

WHERE: GWHS Kitchen



Friday

April No Falls Day

Injuries from falls is an issue for many people. This information session will discuss how to prevent falls from occurring, how to minimise the risk of injury from falls and how to treat these injuries.

DATE: 1st April

TIME: 9:30am—10:30am

COST: \$20 or Free for Members. Bookings essential 9490 2258

WHERE: GWHS Group Room



Friday

Men are from Mars women are from Venus

Do you sometimes feel that you and your partner communicate in two different languages. Come along and learn how to reconnect with your partner and enhance your relationship. Presented by Nicola, professionally qualified Counsellor.

DATES: February 25th—course length to be confirmed

TIME: 9.30am - 11.30am

COST: \$20 or Free for Members.

Bookings essential 9490 2258.



Friday

Make Your Own Additive-Free Puree and Textured Baby Food.

Making your own baby food is a cheaper option and is better for your child's health. Come along to the workshop to make baby food and get some great information about starting solids, including what to introduce when and important food safety tips. The content is aimed at babies 5-12 months of age.

DATE: 18th February

TIME: 9.30am - 11.30am

WHERE: GWHS

COST: \$5. The cost includes baby food to take home.

Bookings essential 9490 2258.



Friday

Toddler Cooking

So, what's for breakfast, lunch and dinner?! Is this an eternal question in your house? Come along to this session where we: cook together, get useful advice on what to cook for kids, eating together, how much toddlers need to eat, how to avoid tantrums and recipes for a happy and healthy toddler and family.

DATE: 25th March

TIME: 9.30am - 11.30am

WHERE: GWHS

COST: \$5. The cost includes toddler food to take home.

Bookings essential 9490 2258.



Friday

Understanding Common Women's Health Issues

Do you suffer from thrush, urinary tract infections or PMS? Many times these issues are suffered in silence and not spoken about with others. These common women's health issues as well as others will be discussed in this free information session to provide you with a better understanding as well as prevention or treatment options.

DATE: 18th March

TIME: 2pm—3pm

COST: \$20 or Free for Members

Booking essential 9490 2258

WHERE: GWHS Group Room



Friday

FOODcents/Healthy Eating and Budgeting

This course will show you how to eat healthier and save money at the supermarket. You will learn how to budget your food money, choose healthy foods, plan a menu and cook cheap, healthy meals. The first session will teach the skills needed to budget your shopping bill and the second session will show how to prepare and cook cheap meals.

DATES: 4th and 11th March

TIMES: 9:30am—11:00am

COST: \$5 for both weeks. Bookings essential 9490 2258.

WHERE: GWHS Group Room



Friday

Healthy Weight Week—Live Your Life: Weight Matters

Australia's Healthy Weight Week raises awareness of the importance of achieving and maintaining a healthy weight and a healthy lifestyle. Come along on this day for a walk around the park, healthy picnic and to find out more about reaching and maintaining a healthy weight.

DATE: 4th February

TIME: 9:30am—11:30am

COST: \$20 or Free for Members

Bookings essential 9490 2258

WHERE: Pioneer Park, Gosnells (behind Agonis building)



Saturdays

Heartbeat Club



Workshops designed to teach the correct method of performing resuscitation on babies and young children in the home.

DATES: 5th Feb **OR** 2nd April **OR** 25th June **OR** 6th Aug **OR** 29th October **OR** 3rd December

TIME: 9.30am - 12.30pm. Please arrive at 9.15am. Please use the intercom. Morning tea provided.

WHERE: GWHS Group Room

Babies can attend in prams. No crèche available.

COST: \$20 per person.

TO BOOK: Ring Royal Life Saving Society 9383 8200.

Class Payments & Refunds

We accept cash and have EFTPOS. We accept credit card payments over the phone. Your place is not reserved until you have paid the fees 5 business days before the class begins. Refunds are a perennial problem for all non-profit organisations, like GWHS, that run classes and courses. We try to ensure that there are enough enrolments to allow classes to proceed for the benefit of participants without being uneconomical for GWHS.

The first rule is that your place is not reserved until you have paid the fees (minimum 5 business days before the class begins). This means that we can make a decision on whether the class runs. If there are too few enrolments, we cancel the class and refund the fees in full. If the numbers are sufficient, we can book the presenters and rooms. GWHS cancels very few courses due to lack of numbers.

GWHS policy is that once you have paid your registration fee, you may withdraw from the class up to five (5) business days prior to the commencement of the class. You will be given a refund less a \$5 administration fee.

Inside the 5 business day period, GWHS is committed to running the course so we are unable to give a refund. The only exception is if you have a medical reason supported by a medical certificate.

GWHS staff are not permitted to vary these rules. If you would like to talk about this, please contact the Managers, Emma Basc (Mon, Fri) or Narelle Stanley (Tues, Thurs am, Fri am).



Our Services for Members



For just \$10/year membership you can access:

- ~ *Free and confidential counselling* in the areas of:
 - Perinatal Mental Health
 - General Issues (depression, self esteem, anxiety, grief, assertiveness, personal growth, domestic violence)
 - Families/Relationships

If you would like counselling you can ring or come into our office, or a Doctor, Mental Health Nurse or an agency can phone on your behalf. We can not accept calls from family or friends.

Unfortunately we are unable to offer any support with complex mental health issues (inc. suicide intentions or psychiatric history). Please contact the Armadale Mental Health Service 1300 555 788 or go to Armadale Kelmscott Hospital at 3056 Albany Hwy, Armadale.

- ~ *Groups and Workshops*
We offer many exciting opportunities to increase your knowledge, get fit and improve your health with a wide variety of classes. Come in and pick up a copy of our latest quarterly newsletter or go to www.gwhs.com.au
- ~ *Library*
Our library has a variety of items available for loan. For 2 weeks you may borrow up to 3 items.
- ~ *Health Promotion and Education*
A Health Promotion Officer is available to offer information on women's health to community groups.
- ~ *Women's Health Clinic*
Visit our Women's Health Clinic which is held on Tuesdays 2pm-4pm and Thursdays 9am-12pm. This service is attended by a visiting female Dr and is fully bulk billed (no cost to you). She speaks five languages-English, Urdu, Punjabi, Swahili and Gujarati. Appointments are essential. Please bring your Medicare card and health care card (if you have one). Unfortunately we do not have facilities for implants, IUDs and diaphragms to be fitted or other intrusive procedures to be done.

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