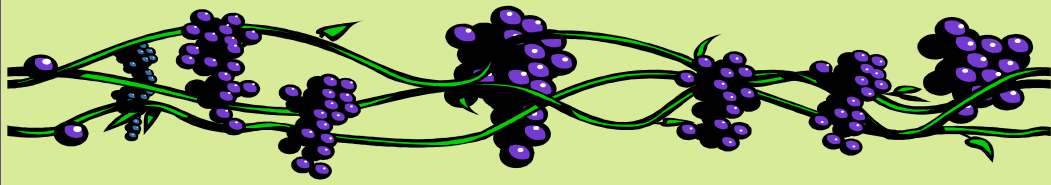




Gosnells Women's  
Health Service Inc



# The Gosnells Grapevine

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

Term 2, 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.

## Sausage Sizzle Fundraiser

On March 12th, 2011 Gosnells Women's Health Service held a sausage sizzle at Bunnings, Cockburn Central to help raise funds for our service. We had a very busy and successful day, raising over \$1500 for our service.

We would like to thank everyone who helped out on the day and also a big thank you goes to Farmer Jacks Maddington and Foodworks Gosnells for their donations. Without these donations this fundraiser would not have been possible.



## CRECHE VOLUNTEERS THURSDAYS & FRIDAYS AT GOSNELLS

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

## GWHS Library

Our library has a variety of items available for loan. For 2 weeks you may borrow up to 3 items. To access our library service you just need to become a member of GWHS for just \$10 per year.



## Family Photo Fundraiser

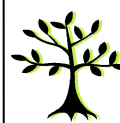
*Keep Saturday 6th August Free!*

A picture is worth a thousand words! On Saturday 6th August, 2011 Gosnells Women's Health Service is holding a fundraising event.

We invite you to plan to come along to our Family Photo Fundraiser and have a professional portrait of your family taken by a photographer from Advanced Life Photography. For just \$15 you will receive a studio quality, framed 10" x 13" colour or B & W photo. You will also receive a free key-ring when you purchase the fundraising portrait which contains a smaller version of the family portrait.



Take this opportunity to capture this moment as it stands now. A moment of happiness, a moment of joy and a moment of love.



*Photography is a way of feeling, of touching, of loving. What you have caught on film is captured forever.. It remembers little things, long after you have forgotten everything.*

~Aaron Siskind

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](mailto: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 - Competition winners



**1st place**—Cynthia Duggan

**2nd place**—Carol Pin & Andrea Myers

**3rd place**—Sharon Buchholz

All four women are individual in their achievements and deserve the praise they've received.

Thank you to all the women who nominated a special woman. All entrants were extraordinary in their own way. Thank you also to the Department for Communities who helped fund the event.

## 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](mailto: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](mailto: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.



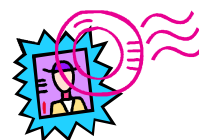
## Charitable Donation Centre

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](mailto: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.

## What's On At A Glance

Term 2, 2011

[www.gwhs.com.au](http://www.gwhs.com.au)

# May



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					1
2	3 Dr Appointments (PM) Multicultural Playgroup	4	5 Dr Appointments (AM) PND Therapy Group (partner evening)	6	7 8
9	10 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup	11 HELP Program	12 Dr Appointments (AM) Babies to Babes Women Working Out Belly Dancing Mums & Daughters Belly Dancing PND Therapy Group	13 Women's Walk & Talk Group Supporting Women with Postnatal Depression	14 15 Family Fiesta
16	17 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup FOODcents	18 HELP Program	19 Dr Appointments (AM) Women Working Out Babies to Babes Belly Dancing Mums & Daughters Belly Dancing PND Therapy Group	20 Women's Walk & Talk Group Supporting Women with Postnatal Depression	21 22
23	24 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup FOODcents	25 HELP Program	26 Dr Appointments (AM) Women Working Out Babies to Babes Belly Dancing Mums & Daughters Belly Dancing PND Therapy Group	27 Women's Walk & Talk Group Supporting Women with Postnatal Depression	28 29
30 Australia's Biggest Morning Tea— Mad Hatter's Tea Party Self Esteem	31 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup FOODcents				



# What's On At A Glance

## June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
		1 HELP Program Go red for Women Healthy Hearts	2 Dr Appointments (AM) Women Working Out Babies to Babes Belly Dancing Mums & Daughters Belly Dancing PND Therapy Group (partner evening)	3 Women's Walk & Talk Group Healthy From the inside Out Supporting Women with Postnatal Depression	4 5
6 Self Esteem Bowel Cancer Bingo	7 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup	8 HELP Program	9 Dr Appointments (AM) Women Working Out Babies to Babes Belly Dancing Mums & Daughters Belly Dancing PND Therapy Group	10 Women's Walk & Talk Group Cooking for Toddlers & Babies Supporting Women with Postnatal Depression	11 12
13 Self Esteem	14 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup	15 HELP Program	16 Dr Appointments (AM) Women Working Out Babies to Babes Belly Dancing Mums & Daughters Belly Dancing PND Therapy Group	17 Women's Walk & Talk Group Stress Management Supporting Women with Postnatal Depression	18 19
20 Self Esteem Money Matters	21 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup	22 HELP Program	23 Dr Appointments (AM) Women Working Out Babies to Babes Belly Dancing Mums & Daughters Belly Dancing PND Therapy Group	24 Women's Walk & Talk Group Simply Busting Supporting Women with Postnatal Depression	25 Heartbeat Club 26
27 Self Esteem	28 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup	29 HELP Program	30 Dr Appointments (AM) Women Working Out Babies to Babes Belly Dancing Mums & Daughters Belly Dancing PND Therapy Group (Partner evening) PND Information Session		



# What's On At A Glance

## July



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
				1 Women's Walk & Talk Group <b>Supporting Women with Postnatal Depression</b>	2 3
4	5 African Playgroup Eat Well, Live Well Dr Appointments (PM) Multicultural Playgroup Living with Thyroid Disease	6 HELP Program	7 Dr Appointments (AM) Women Working Out Babies to Babes PND Therapy Group	8 Women's Walk & Talk Group <b>Supporting Women with Postnatal Depression</b>	9 10
11	12 Dr Appointments (PM) Multicultural Playgroup	13 HELP Program	14 Dr Appointments (AM) Women Working Out Babies to Babes	15	16 17
18	19 Dr Appointments (PM) Multicultural Playgroup	20	21 Dr Appointments (AM) School Holiday Cooking	22	23 24
25	26 Dr Appointments (PM) Multicultural Playgroup	27	28 Dr Appointments (AM)	29	30 31

### Communicare – Baby Community Project

Gosnell's Women's Health Service is proud to announce we are participating in the Baby Community Project.



The aim of the project is to connect new Mums to baby friendly services and make social connections within their local area. Mums receive their booklets from their child health nurse, or can pick one up from our office at 25 Prospect Rd, Armadale. Once they have registered with us, they can begin to collect stickers from a variety of service providers. Three stickers entitles your baby to a \$10.00 bank account from the Byford Branch of the Bendigo Bank. Another three stickers enables you to collect a gift from Communicare (we were thinking to make this one for Mum), and the final four stickers, will entitle you to a pass (possibly to the Aquatic Centre in Armadale) for a family outing.

Don't forget to register your interest in the project and ask for your sticker at participating service providers.



# Gosnells Women's Health Service Inc.

## Calendar of Events

### Term 2, 2011

#### African Supported Playgroup

We invite you to attend the African Supported 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 [sophie.lawrance@gwhs.com.au](mailto:sophie.lawrance@gwhs.com.au) or 9490 2258.

DATES: 10th May– July 5th  
TIME: 10.30am - 12.30pm  
COST: FREE  
WHERE: Brookman House, 25 Brookman Ave, Langford



#### Australia's Biggest Morning Tea— Mad Hatter's Tea Party

Australia's Biggest Morning Tea is one of Australia's most well-loved fundraising events, and plays a vital role in raising money towards the Cancer Council's work in research, prevention & support. Help us raise money by coming to our Mad Hatter's Tea Party. Also see our wall of heroes, a photo collage of brave cancer warriors. Call 9490 2258 if you would like to submit a photo.

DAY: 30th May  
TIME: 10am—11:00am  
COST: Gold coin donation—money raised given to the Cancer Council WA  
WHERE: Gosnells Lotteries House Meeting Room, Ground Floor



WHAT TO WEAR: A crazy / colourful / unique hat,  
the best one wins a prize!



#### 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: Every week Thursday from the 12th May to 14th July  
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.



#### Belly Dancing

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](http://www.madcamelbellydance.webs.com).

DATES: 12th May- 30th June (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](http://www.madcamelbellydance.webs.com)  
DATES: 12th May– 30th June (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).

#### Bowel Cancer Bingo

Bowel Cancer is the second largest cause of cancer deaths in Australia. If caught in time, ninety percent of cases can be treated successfully. Learn the symptoms, early warning signs and prevention methods you can initiate to reduce the risks of bowel cancer through a fun game of Bowel Cancer Bingo followed by morning tea.

DATE: 6th June  
TIME: 10:00 —11:30am  
WHERE: Amaroo Village—Nancy Jones Hall  
COST: Gold Coin Donation

#### 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



## Cooking for Toddlers & Babies

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 and how much to cook for kids and babies, how to avoid tantrums and recipes for a happy and healthy family.

DATE: 10th June  
TIME: 9.30am - 11.30am  
WHERE: GWHS  
COST: \$5. The cost includes food to take home.  
Bookings essential 9490 2258.



## 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.

DAY: Every Tuesday throughout term (10th May—5th July)  
TIME: 1:30pm—2:30pm  
COST: \$2 per session  
WHERE: GWHS Group Room



## Family Fiesta

Gather your family and join us in Pioneer Park for a picnic to celebrate Families Week. This year we are encouraged to think about the things that make our families strong in both good and tough times. Bring a plate of your family's favourite food to share and submit your recipe to be printed in our Family Fiesta Recipe Book. This event will be lots of fun for the whole family.

DATE: Sunday 15th May  
TIME: 10:00am-12:00pm  
COST: Free. Bookings essential 9490 2258.  
WHERE: Pioneer Park



## FOODcents/Healthy Eating & 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 healthier foods, plan a menu and cook cheap, healthy meals.

Session One: Budgeting  
Session Two: Centsible Cooking  
Session Three: Shop Smart Supermarket Tour



Participants who attend all three sessions will go into the draw to win a healthy prize!

DATES: 17th, 24th & 31st May  
TIME: 5:30pm—7:00pm  
COST: \$5 per session  
WHERE: GWHS Group Room and Coles Gosnells (2160 Albany Hwy, Gosnells)

## Friday Women's Walk and Talk Group

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

DATES: Every week Friday from the 13th May to 8th July  
TIME: 9.30am walk, 10.30am tea/coffee  
WHERE: Meet in Gosnells Community Lotteries House foyer

### FREE activities or information sessions after walking

#### Relaxing Reflexology

DATE: 13th May  
TIME: 10.30am - 11.30am  
COST: FREE  
Bookings essential 9490 2258.



#### Promoting Positive Behaviours—Parenting WA

DATE: 27th May  
TIME: 10.30-11.30am  
COST: FREE  
Bookings essential 9490 2258



Activities and information sessions for each week will be updated on the Gosnells Women's Health website.

## Go Red for Women Healthy Hearts Challenge 1st June—10 week Challenge



Many Australian women believe that heart disease only affects older men but it is the number one killer of Australian women, claiming the lives of 216 women each week.

As part of The Heart Foundation's *Go Red for Women* campaign, which unites women in the fight against heart disease by helping to raise awareness of their risks and promoting healthier choices, they are urging everyone to take part in the Healthy Heart Challenge this June.

The **free**, 10-week Healthy Heart Challenge starting on 1 June 2011, encourages participants to select a goal, such as 'be active everyday', 'improve everyday nutrition' or 'quit smoking', and to take action to reduce their risks.

Registrations open on 1st May and participants will receive eNewsletters with tips and information to keep them motivated, have access to online resources, access to a support help line, and exclusive sponsor offers and prizes.

Go to [www.goredforwomen.com.au](http://www.goredforwomen.com.au) to find out more.

Gosnells Women's Health Service will be providing regular activities and information throughout the 10 weeks to help you reach your nominated goal.

Register your interest by calling Gosnells Women's Health on (08) 9490 2258.

## Healthy From the Inside Out

Being aware of health issues that effect women are important in looking after yourself. Knowing what is good and what isn't is Invaluable when discussing the protective factors for cancer, diabetes and cardiovascular health. Come along and join in some activities, learn something new and know that you are doing everything you can to look after yourself from the inside out.

DATE: 3rd June  
TIME: 9:30am—11:30am  
WHERE: Gosnells Lotteries House—  
Meeting Room 2  
COST: \$20 or FREE for members



## Heartbeat Club

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

DATES: 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.

## HELP: Healthy Eating and Lifestyle Program

This program is designed for young families to provide you with the necessary skills and advice to make healthy diet and lifestyle changes to ensure the health of your children. This free 10-week program is run by the Telethon Institute for Child Health Research.

DATES: 11th May –13th July  
Wednesdays (10 weeks)  
TIME: 9:30am—11:30am  
COST: FREE  
WHERE: GWHS Group Room



## Living With Thyroid Disease

Living with thyroid disease can be a confusing rollercoaster ride. In this session we learn about all types of thyroid disease, possible symptoms and current available treatments. This is also a great chance to talk to other people who are suffering with thyroid disorders.

DATE: 5th July  
TIME: 5:30 - 7:00pm  
WHERE: GWHS  
COST: \$20 or free for members. Bookings essential 9490 2258

## Money Matters

Are you sick of waiting in line to pay a bill or access your account? Having trouble sticking to a budget? This session provides Information on money matters such as using the ATM, paying bills online or using the phone, security precautions when using the internet or your credit card and budgeting tips and ideas you can use to improve your bank balance.

DATE: 20th June  
TIME: 10:00am—11:30am  
WHERE: Amaroo Village—Nancy Jones Hall  
COST: \$10 or FREE for members



## Multicultural Playgroup

Supported playgroup with activities for Mums and children. For more information please contact Anna Lambeck [anna.lambeck@gwhs.com.au](mailto:anna.lambeck@gwhs.com.au)

DATE: Tuesdays  
TIME: 10am - 12pm  
COST: FREE  
WHERE: Multicultural Playgroup (Ground Floor of Lotteries House Building)



## Postnatal Depression Free Information Session



### 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.

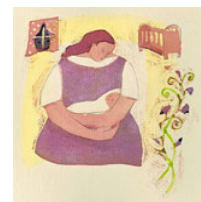
DATE: Thursday 30th June  
TIME: 5.30pm - 8.00pm. Refreshments provided.  
COST: Free. Bookings essential 9490 2258.  
WHERE: Upstairs meeting room 2 (1st floor of Gosnells Community Lotteries House)

Crèche available. \$5/child.  
Crèche bookings essential. Contact Jenny 9490 2258

## Postnatal Depression Therapy Group

Presented by Tiffany, Clinical Psychologist

DATE: May 5th —July 7th  
DAYS: Thursdays  
TIME: 9.30am - 11.30am. Morning tea provided.  
There are **3 partner/support person evenings on May 5th, June 2nd & June 30th 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.



## 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: 21st  
DAYS: Thursday  
TIME: 10.00am—12.00pm 5-7 years  
2.00pm—4.00pm 8-12 years  
COST: \$5. Bookings essential 9490 2258  
WHERE: GWHS Kitchen



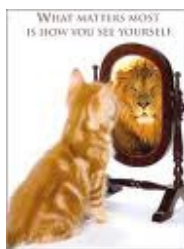
One parent to attend with their child  
Payment is required at time or booking to reverse your place.

## 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: 23rd May - 27th June  
(6 weeks)  
DAYS: Mondays  
TIME: 9.30am - 11.30am  
COST: \$20 or Free for Members.  
Bookings essential 9490 2258.



## Simply Busting

Come along to this information session to learn more about how to prevent and manage bladder and bowel problems and join in with some interactive pelvic floor muscle exercises.

DATE: 24th June  
TIME: 9:30am—11:30am  
WHERE: Gosnells Lotteries House—  
Meeting Room 2  
COST: \$20 or FREE for members



## Stress Management

Do you feel stressed? Is it negatively affecting your life? Come along to this workshop to discuss what is stress, where does stress come from, relaxation techniques and other remedies.

DATE: 17th June  
TIME: 9:30am—11:30am  
WHERE: Agonis Building—Carson Room  
COST: \$20 or FREE to members



## Supporting Women with Postnatal Depression



We are running a group for women who have recently had a baby and are finding it difficult to cope with Motherhood. The group can assist with the emotional challenges that can be experienced and to help overcome postnatal depression.

DATES: May 13– July 8th  
DAYS: Friday  
TIME: 9.30am– 11.30am  
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.



## 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: Every week Thursday from the 12th May to 14th July  
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.

### 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).



## Want a healthy future for your child?

### Introducing **HELP**: Healthy Eating & Lifestyle Program

If you want to make lifelong changes to your diet and lifestyle to ensure the health of your children, join some of Perth's leading health professionals in a **free lifestyle program**.

**Is HELP for me?** Healthy Eating & Lifestyle Program, is designed to help young families get back on track with their diet and fitness goals.

- Free 10 week course - learn how to break the cycle & take control of your family's weight issues.
- Suited to families who find weight management challenging
- Will address physical, social and emotional aspects of weight management for children & adults
- Make healthier eating & exercise choices for your family
- The course is based on the latest scientific evidence about what really works to help families manage their weight and feel healthier.

**Program Starts: 9.30am, Wednesday 11 May**

Gosnells Women's Health Service, Suite 7, Level 1,  
Gosnells Community Lotteries House, 2232c Albany Hwy  
For more information contact: Lisa Gibson, HELP Coordinator  
Ph: 9489 7734 or Email: [lisag@ichr.uwa.edu.au](mailto:lisag@ichr.uwa.edu.au)  
[www.childhealthresearch.com.au](http://www.childhealthresearch.com.au)



CITY OF GOSNELLS





# 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](http://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.

[www.gwhs.com.au](http://www.gwhs.com.au)

[info@gwhs.com.au](mailto:info@gwhs.com.au)

[www.facebook.com](http://www.facebook.com)