

The Gosnells Grapevine

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

Term 4, 2010

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.

*We wish you a Merry Christmas and a Happy New Year!
Our office will be closed from Friday, 17th December and
re-open to the public on Monday, 17th January.*



2010/2011 Entertainment Book Available

GWHS is raising funds by selling the 2010/2011 Entertainment Book. Selling for just \$65, a portion of the proceeds from the sale will go towards much needed resources at GWHS. The book contains hundreds of 25-50% off and two-for-one offers for popular restaurants, the local pizza place, movies, kids paradise, Dome or a beautician.

Congratulations

Alex Price (Health Promotion Officer—Building Stronger Families and Older Women) was nominated for 'Health Idol' Community Award. Alex was highly recommended for this award for her outstanding work in cooking groups run at GWHS. From all the staff at GWHS congratulations Alex on community recognition for a job well done. For more information on the cooking programs run by Alex check out our Calendar of Events.

**CRECHE VOLUNTEERS
THURSDAYS AT GOSNELLS**
9.15am - 12pm during school
terms. Contact Narelle 9490 2258.
Current Working With Children
Check is a must!

Seeking donations of wool.

GWHS has partnered with a local primary school to produce knitted and crocheted blankets for families in need. GWHS is seeking donations of wool, knitting needles and crochet hooks which will be passed onto the school where year seven students will be taught how to knit and crochet. The students and teachers are giving up their free time to produce cot blankets for babies, smaller blankets for dolls cots as Christmas gifts and the more industrious students are attempting to crochet blankets for single and double beds.

For information of GWHS Charitable Donation Centre see page 2 or speak to one of our staff about what you can do to help.

Do We Have Your Email Address?

If you would like 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



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

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.



335 Missing Library Books!

Have you ever borrowed one of our library books and forgotten to bring it back? We are currently asking anyone who may have borrowed library books to return them, no questions asked and no fees will be incurred.

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.



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!



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.



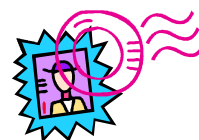
Charitable Donation Centre

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 are looking to open a dedicated Charitable Donation centre where we can store bulkier items 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 help turn this proposal into a reality please contact GWHS.

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.
- Mother's Group facilitated by Nicola, qualified counsellor.

For more information on these groups please look at the Calendar of events in the our newsletter or contact us on 9490 2258, or email us on info@gwhs.com.au

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.



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



Gosnells Women's Health Service Inc.

Calendar of Events

Term 4, 2010

www.gwhs.com.au

Mondays 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: Monday anytime, Friday afternoons.
No appointments during school holidays.

Bookings essential 9490 2258.

COST: \$5 for families (up to 3 seats),
\$5/seat for Day Care Centres



Mondays

Self Esteem

Do you feel unimportant, lack confidence, want to respect and accept yourself and be able to express your feelings? 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: November 1st - December 6th (6 weeks)

TIME: 9.30am - 11.30am

COST: Free for Members.

Bookings essential 9490 2258.

WHERE: GWHS Group Room



Tuesdays



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

DATES: Tuesday 6pm (starting 12th October) and

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)

Tuesdays

Slimmers 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.

DATE: Every Tuesday throughout term (October 12th – December 14th)

TIME: 9:30am—10:30am

COST: \$2 per session

WHERE: GWHS Group Room



Tuesdays



A Date With Your Breasts

All women in and around Gosnells come and join us to help celebrate Pink Ribbon day with a FREE afternoon tea.

DATE: October 26th

TIME: 2pm - 3pm

COST: Free. Bookings for catering please.

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

WHERE: Multicultural Playgroup (Ground Floor of Lotteries House Building)



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 Alexandra Price, Project Coordinator, Alexandra.price@gwhs.com.au or 9490 2258.

DATES: Oct 19th - Dec 7th

TIME: 10.30am - 12.30pm

COST: Free

WHERE: Brookman House, 25 Brookman Ave, Langford.



Tuesday

Cervical Cancer- Presented by The Cancer Council

This talk will provide information about cervical cancer and pap smears to raise awareness about this women's health issue.

DATE: November 30th

TIME: 2-4pm

COST: Free

WHERE: GWHS Group Room



Tuesday

Act Belong Commit – Being Mentally Healthy

Find out ways to maintain your mental health through ABC.

DATE: November 2nd

TIME: 2-4pm

COST: Free

WHERE: GWHS Group Room

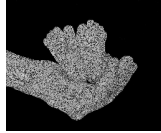


Tuesday

Calm Baby - Reflexology Workshop

Calm Babies is a hands on class teaching natural ways to calm your baby. Please bring a blanket for your baby to lay on.

DATE: 2nd November
TIME: 10.30am - 11.30am
COST: Free. Bookings essential
WHERE: GWHS Group Room



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: Ongoing, during school terms
TIME: 9.30am walk, 10.30am tea/coffee
WHERE: Meet in Gosnells Community Lotteries House foyer

Free activities or information sessions after walking

The Importance of Play - Communicare

DATE: October 20th
TIME: 10.30am - 11.30am
COST: Free. Bookings essential 9490 2258.



Walk Week

Join us to celebrate walk week. Free merchandise for walkers!

DATE: November 3rd
TIME: 9.30-11.30am
COST: Free

Twinkle Toes reflexology Information Session

DATE: November 17th
TIME: 10.30am - 11.30am
COST: Free. Bookings essential 9490 2258.



Christmas Craft—Advent Calendar Making

DATE: December 1st
TIME: 10.30am - 12.30pm
COST: Free. Bookings essential 9490 2258.



Wednesday

Women Working Out - 10 Week Group Personal Training (Low Intensity)

Ten weeks of group personal training workshops specifically designed for women. The workshops are designed to teach women how to exercise and tone their bodies and improve strength and balance. As women age, resistance training is important. This can increase bone density, reduce the risk of injury and help with ageing gracefully. Have fun and meet other ladies.

DATES: 13th October—15th December (10 weeks)
TIME: 9am - 10am
COST: \$35. Bookings essential 9490 2258.



Thursday

When Two Becomes One

Suddenly becoming single takes a lot of adjustment. Come and meet other women in the same situation and hear some tips on how to for cook and shop for one.

DATES: October 28th
TIME: 2pm - 3.30pm
COST: Free. Bookings essential 9490 2258.
WHERE: GWHS Group Room



www.gwhs.com.au

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: 14th October—16th December (10 weeks)
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: 14th October—2nd December (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 daughters can spend time laughing and dancing together www.madcamelbellydance.webs.com

DATES: 14th October—2nd December (8 weeks)
TIME: 6pm - 7pm
COST: Mums \$55, Children \$25.
Bookings essential 9490 2258.
WHERE: Gosnells RSL Hall, cnr Gosnells Rd & Mills Rd
(next to the Gosnells Tennis Club)



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: Tuesday 6pm (starting 12th October) and Thursday 8.10pm (starting 14th October).
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



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: 14th October– 16th December (10 weeks)

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

Reading Magic

By the age of one, your child has learnt most of the sounds that they will hear for the rest of their life. What could be better than snuggling close with your child and bonding, while reading an exciting book with lots of colours and fun? To hear more about how to enjoy books with your children and the benefits of reading to them come along to your free Reading Magic session.

DATE: 11th November

TIME: 2pm—3.30pm

WHERE: GWHS Group Room

COST: Free. Bookings Essential: 9490 2258



Thursday

Christmas Craft

Mothers and children are invited to a fun activity morning to make Christmas cards and decorations.

DATES: December 16th

TIME: 1.30pm-3.00pm

COST: Free. Bookings essential 9490 2258

WHERE: GWHS Group Room



Thursdays

Postnatal Depression Therapy Group

Presented by Tiffany, Clinical Psychologist

DATES: 14th October - December 16th (11 sessions)

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

There are **3 partner/support person evenings on Oct 14th, Nov 11th & Dec 9th 5.30pm - 8pm.**

Refreshments provided.

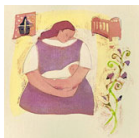
COST: **Free for Members. An initial assessment is essential for new clients prior to commencing.**

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 to attend.

(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: December 9th

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 Evening

Staying Positive and Keeping Happy

Life is full of unexpected stresses and because of that we can often find ourselves losing motivation for life. Learn how to stay positive and cope with daily life stresses to help you stay motivated and achieve your goals.

DATE: November 25th

TIME: 7pm—8.30pm

COST: Free. Bookings Essential 9490 2258

WHERE: GWHS Group Room



Thursday Evening

Menopause

Menopause effects all women in different ways, come along to this information session to hear about signs and symptoms, different coping techniques and share your experience with others.

DATES: December 2nd

TIME: 7pm - 8.30pm

COST: 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: January ,Thursday 27th and Friday 28th

TIME: 10.00am-12.00pm 5-7 year

2.00pm - 4.00pm 8 - 12 year

COST: \$10. Bookings essential 9490 2258

WHERE: GWHS Kitchen



Friday

Asthma

Spring has sprung and if you or someone you know suffers from asthma or you would just like to learn more then come along to this information session. We will cover irritants in the environment, first aid, pregnancy & nutrition.

DATE: October 22nd
TIME: 11:30am—12:30pm
COST: Free
WHERE: GWHS Group Room



Friday

Cyber Bullying & Internet Safety

This information session will include signs to look out for, prevention methods & how you can help your child.

DATE: November 26th
TIME: 2:00pm—3:00pm
COST: Free
WHERE: GWHS Group Room



Friday

Children's Fair

All children and parents are invited to our Children's Week Fair. Come and see the Eco Faerie Show and enjoy the donkey rides, jumping castle and face painting plus much much more. Bring all you friends to a fun morning out.

DATES: October 29th
TIME: 10am– 1pm
COST: Free
WHERE: Thornlie Community Centre



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: October 22nd
TIME: 9.30am - 11.30am
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: November 12th
TIME: 9.30am - 11.30am
WHERE: GWHS
COST: \$5. Bookings essential 9490 2258.



Friday

How to Make Relationships Work

There is no such thing as a perfect relationship but you deserve a happy and healthy one. Come along and learn how to reconnect with your partner and enhance your relationship. Presented by Nicola, professionally qualified Counsellor

DATES: November 19th - December 10th (4 weeks)
TIME: 9.30am - 11.30am
COST: Free for Members. Bookings essential 9490 2258.
WHERE: GWHS Group Room



Friday

Anxiety

Anxiety can appear in different forms and at different levels of intensity. It can range in severity from a mere twinge of uneasiness to a full-blown panic attack. Anxiety can interfere with your daily life. Learn how to recognize anxiety attack symptoms and then learn to manage and control your anxiety.

Presented by Jenny/Nicola, professionally qualified Counsellors.

DATES: November 5th & 12th (2weeks)
TIME: 9.30am - 11.30am
COST: Free for Members.

Friday

Budgeting

This session will give you the tools you can use to set your own budget in an informal, easy to understand way. Presented by the Gosnells Community Legal Centre financial assistants.

DATE: November 19th
TIME: 2.00pm– 4.00pm
COST: Free. Bookings Essential 9490 2258
WHERE: GWHS Group Room



Saturdays



Heartbeat Club

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

DATE: Dec 4th
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). 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

info@gwhs.com.au

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