

TERM 1, 2023

We are delighted to share our NEW! Term Program, with workshops and groups running from Monday February 6, to Friday April 7, 2023.

All our groups will be returning to the centre, with the exception of two remaining at larger venues.

To keep everyone safe spaces are limited.

Please register your interest as soon as possible by emailing us at wilma@wilma.org.au or calling the centre on (02) 4627 2955.

Donations for all groups and workshops are welcome and appreciated.

SENIORS FESTIVAL BODY GROOVE WITH KATH & KIM
Friday 24 February, 10:30am to 12:30pm
Come and have fun and learn from health experts on healthy ageing.



MONDAY GROUPS & WORKSHOPS

FREE! GARDEN, CONNECT AND CHAT [EXCEPT WHEN RAINING]

Starting 6 February 10am to 11am

This is a social, health and well-being group. Connect with other women and learn about fruits, vegetables and herbs' health benefits and nutritional value.

This term will see the introduction of cooking; more details to follow.

You don't need any gardening or cooking experience.

TUESDAY GROUPS & WORKSHOPS

MUMS & BUBS YOGA

\$10 PER SESSION/\$80 PER TERM PREPAID

Starting 7 February, 10am to 11am

Glen Alpine Hall

[139 Heritage Way, Glen Alpine]

Look after yourself and connect with your baby and other new mums in this gentle class. Suitable for babies from 8 weeks (12 weeks for C-section) until crawling.

Please bring your own towel, cushion, yoga mat and water.

MEDITATION AT WILMA

\$5 PER SESSION/\$40 PER TERM PREPAID

Starting 7 February, 12pm to 12:45pm

Includes meditation, breathing exercises and deep relaxation techniques.

DAY YOGA [ALL LEVELS] AT WILMA

\$10 PER SESSION/\$80 PER TERM PREPAID

Starting 7 February, 1pm to 2:30pm

Learn physical postures, breathing and meditation for deep relaxation in these friendly class.

Please bring your own towel, cushion, yoga mat and water.

LIMIT: 8 PEOPLE

HOLISTIC HEALTH SERVICES

WOMEN'S HEALTH NURSE

Monday by Appointment
Please Call Family Planning on
(02) 9754 1322 to Book
[Bulk-Billed Service]

NATUROPATHY & NUTRITION

Monday and Thursday by Appointment
\$45 [\$20 with Concession Card]

MASSAGE

Tuesday by Appointment
\$45 [No Concession]

ACUPUNCTURE

Friday by Appointment
\$45 [No Concession]

CASEWORK & COUNSELLING SERVICES

Generalist Casework
Generalist Counselling
Information and Referral

FREE LEGAL ADVICE

Family Law and Victims Compensation
Monthly by Appointment



WHAT'S ON AT WILMA GROUP PROGRAM TERM 1, 2023

CONTACT US

6 Bugden Pl, Campbelltown 2560

(02) 4627 2955

wilma@wilma.org.au

www.wilma.org.au

facebook.com/WILMAWomensHealthCentre



WEDNESDAY GROUPS & WORKSHOPS

ABORIGINAL WOMEN'S HEALING GROUP

Starting 8 February, 10:30am to 1pm

THIS IS A CLOSED GROUP

This empowering group will use art to create personal transformation.

You don't need any artistic experience.

THURSDAY GROUPS & WORKSHOPS

FREE! FIT, FUN & FAB OVER 50's

Starting 9 February, 9:30am to 11:30am

[31 Emerald Drive, Eagle Vale]

Make friends and improve your fitness in this exercise and social group for senior women.

FUNDED BY: The Department of Communities and Justice NSW Seniors' Grant Program.

FREE! CREATE AND CONNECT

Starting 16 March, 1:30pm to 3pm

[Three (3) Week Group]

The creative part of the mind is often home to insight which can help us to solve problems, develop deeper self-awareness, make peace with the past and commit to moving forward in our lives. This hands-on three (3) week group will explore the different creative processes to help you find greater clarity.

All materials are provided and no artistic skill is needed.

WILMA RAINBOW SISTERS

Lesbian & Bisexual Social Group

Starting 9 February, 5pm to 7pm

This is a supported space for women who identify as lesbian, bisexual or questioning, and women of transgender/gender diverse experience.

To register contact jennifer@wilma.org.au

EVENING YOGA [ALL LEVELS] AT WILMA

\$10 PER SESSION/\$80 PER TERM PREPAID

Starting 9 February,

6pm to 7:15pm OR 7:30pm to 9pm

Learn physical postures, breathing and meditation for deep relaxation in these friendly classes.

Please bring your own towel, cushion, yoga mat and water.

LIMIT: 8 PEOPLE

FRIDAY GROUPS & WORKSHOPS

FREE! RECOVERY & EMPOWERMENT GROUP

Starting 17 February, 10am to 12pm

[Six (6) Week Group]

This group aims to encourage peer support while receiving education from a qualified counsellor to enable recovery and empowerment for women who have experienced domestic violence or coercive control.

