

Why choose WILMA for your healing journey?

WILMA is committed to be sensitive to the needs of women who have experienced trauma.

We understand that women face physical, emotional and social issues in their lives and we try our best to give them the support that they need.

We are committed to empower women to take control of their own lives and make their own choices.

WILMA is dedicated to provide a woman-centred, evidence-based service and we continuously research ways to improve our Centre to better meet our clients' needs.

Contact Us

WILMA Women's Health Centre
6 Bugden Place
Campbelltown 2560

Open 9am-4pm Mondays to Fridays
Phone messages taken between
12.30-1.30pm

P.O. 267 Box Macarthur
Square NSW 2560

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Fax: 02 4728 6725

Email: wilma@wilma.org.au
Website: www.wilma.org.au



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WILMA Women's Health Centre

Evidence Based Woman Centered
Health and Wellbeing

- ⊙ Counselling
- ⊙ Art Therapy
- ⊙ Women's Health Doctor
- ⊙ Well Women's Clinic
- ⊙ Naturopathy
- ⊙ Acupuncture
- ⊙ Cranio-Sacral Therapy
- ⊙ Information and Referral
- ⊙ Healthy Lifestyle Coaching
- ⊙ Groups and Events
- ⊙ Trauma Recovery Specialists
- ⊙ Massage

Dharawal Language

**Njunalin ngaralang dharawal wala
nguradhanhay ngaliya**

English translation

**We respect Aboriginal peoples as the first
peoples and custodians of NSW.**

Content given by Karen Adams. Permission given by Frances Bodkin of the Dharawal People.

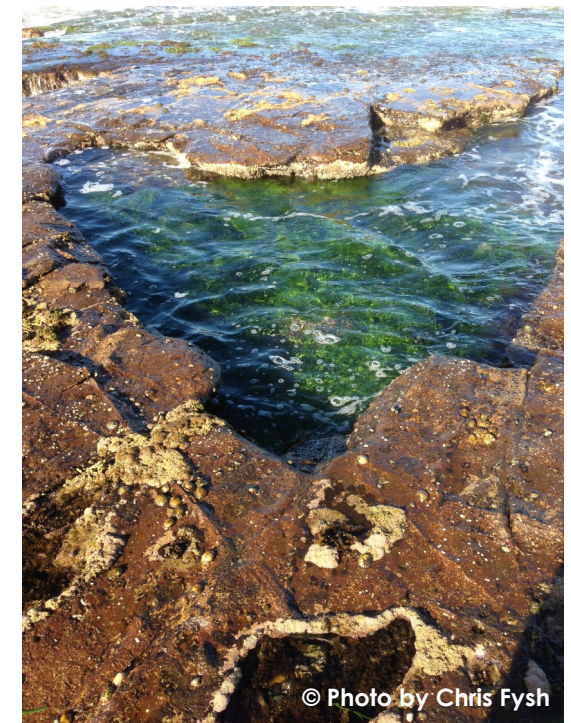


Artwork by Aboriginal Artist Leanne Hunter



WILMA

COUNSELLING
SERVICES &
THERAPEUTIC
GROUPS



© Photo by Chris Fysh

**BY WOMEN
FOR WOMEN**

Funded by NSW Health

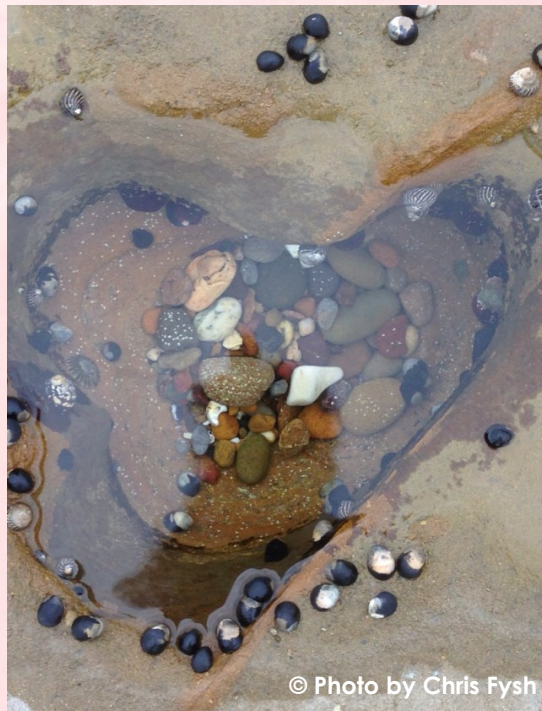
Counselling at WILMA

One-To-One Counselling

Counselling is a way to get personal support, clarify what is happening and recover from distressing events.

Counsellors at WILMA Women's Health Centre are qualified and experienced. Accessing counselling in a women-only environment makes some women feel safer.

Our counselling environment is safe, comfortable and soothing. We also explain what to expect from counselling, provide choices and encourage women to choose their own goals and directions of growth.



We offer counselling on a wide range of issues which affect women's well-being such as:

- Depression and Anxiety
- Confidence and self esteem
- Sexual assault
- Domestic violence
- Childhood sexual or other abuse
- Grief and loss
- Alcohol and other drug use
- Other addictions such as gambling and disordered eating
- Family issues and parenting
- Feeling overwhelmed

We also support women dealing with the effects of abuse, trauma or discrimination in their lives.

Counselling for Women by Women

Therapeutic Groups

Therapeutic and educational groups are run periodically for women who have similar needs. Groups run by Centre staff often include:

- ◎ Art Therapy
- ◎ Healing from Domestic Violence
- ◎ Confidence-Building groups
- ◎ Impact of Addictions on Self and Loved Ones

Please contact WILMA Women's Health Centre for information about the current group program.

Please make a request if you would like to attend a group on an issue that concerns you.

Information is available on a variety of topics concerning women's psychological and emotional well-being. This may include referral to other services addressing women's individual needs.

Staff of the Centre are available to provide community education, promoting awareness of issues affecting women's health.

Bookings are necessary for this service and can be made over the phone. If unable to attend, please advise us as soon as possible.