

## " Who Am I "

### Monday

Evolution & change - who am I, what do I believe, what can I change, what makes me great.

Starts 24th July 11am-12.30pm for 5 weeks. Cost: \$5 each session.

### My Health Matters - Workshop

Learn healthy eating tips to improve your mood & wellbeing

11th September 10.30am 12.00pm Cost \$5.00



### Tuesday

### Mums & Babies Yoga

Look after yourself and connect with your baby and other women.

Starts on 18th July, 10am-11am. Cost: \$10.00 per session.

### Meditation

Meditation, breathing and relaxation techniques to help with anxiety, stress and depression.

Starts on 18th July, 11.30am-12.30pm. Cost: \$5.00 per session.

### Yoga

Facilitated by Satyananda Yoga Teacher (suitable for all levels).

Starts on 18th July, 1pm-2.30pm. Cost: \$10.00 per session.

### Wednesday

### WILMA Walkers (FREE)

Join us for healthy regular morning walks starting from WILMA 9:15am-10:15am.

### Let's Laugh and Happiness Workshop (FREE)

Re-connect with the simple things in life 10:30am-11.30am.

### Aboriginal Women's Healing Group (FREE)

In partnership with Tharawal Aboriginal Corporation, 11am to 1pm.

For more information and bookings, call Sam Dhiyaan, Brighter Futures, on 4620 0400.

### Thursday

### Gentle Exercise (FREE)

Facilitated by PCYC Instructor (suitable for beginners and seniors).

Starts on 13th July 2pm-3pm.

### Evening Yoga (2 time slots)

Facilitated by Satyananda Yoga Teacher (suitable for all levels).

Starts on 20th July, 2 classes 6pm and 7.30pm. Cost: \$10.00 per session.

### Friday

### WILMA Friends (FREE)

Connect with other women, laugh, make new friends and share ideas, 10.30am-12pm.

### Sistah Girl Yarnz (FREE)

Starts on 21st July 10am-1pm, Call Julie 4640 7333.

See flyer for further details.

### \* My Emotional Health and Wellbeing Workshops\*



Each workshop runs from 2pm-3.30pm for 2 weeks. Cost: \$10 for both sessions

**Workshop 1** Tips for improving your overall wellbeing - 28 July & 4th August

**Workshop 2** Managing anger & difficult relationships - 18th & 25th August

**Workshop 3** Working with anxiety fear & shame - 8th & 15th September

## Centre Information



All Women are welcome to come to our Centre. Drop in and have a look at all the great services that WILMA has to offer.

WILMA is a women's only safe place in the local Macarthur area. You do not need to be in a crisis to access our services.

## Counselling

Our counsellors are here to listen and support you in discussing and resolving issues of concern to you. Our emphasis is on being non-judgmental and supportive. We have a safe, friendly and relaxed environment. This is a free service.

## Casework

Our casework is short term and offers specialist practical support, advocacy, guidance and advice. Our emphasis is on being non-judgmental and supportive. We have a safe, friendly and relaxed environment. This is a free service.

## Women's Health Clinic

A Women's Health Doctor is available for booked appointments at the Centre.

She specialises in women's health issues and provides pap smears, breast checks, pregnancy counselling and tests, chlamydia and other STI screenings, as well as advice on contraception, menstruation, and menopause, and support with mental health.

## Natural Therapies

### **MASSAGE THERAPY**

Available Friday afternoons a therapeutic treatment with a relaxed environment.

### **ACUPUNCTURE**

Available every Wednesday and Friday for treatment of a wide range of conditions from muscular skeletal to anxiety disorders. Painless treatment offered in a caring manner.

### **CRANIOSACRAL THERAPY**

Available Wednesdays and Fridays. A treatment that restores the body and emotions to a peaceful balance. Great for stress, aches and pains.

### **NATUROPATHY**

Available every Monday and Thursday. Balance the body by combining an array of healing practices like nutrition, iridology, herbal medicine and flower essence.

## Groups and Workshops

Available each term **"What's On at WILMA"** updated each quarter. See our website: [www.wilma.org.au](http://www.wilma.org.au)