

Hunter Women's Centre Calendar Term Two 2010

April

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| Tuesday 20 | Legal Appointments: Family Law matters. Bookings are essential. Free of charge |
| Wednesday 21 | Tai Chi Evening Classes Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Wednesday 21 | Time Out Together (TOT) for families with children 0-5 years: Week One. Time: 9.30am to 11.30am. Free of charge. For bookings and further details phone Mel Burgess from Homestart on 4921 7323 |
| Thursday 22 | Outreach Counselling, Raymond Terrace Neighbourhood Centre: Intake and assessment through Hunter Women's Centre. Please phone for further details. |
| Thursday 22 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 23 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |
| Monday 26 | Centre Closed for Anzac Day Public Holiday |
| Tuesday 27 | Self Esteem Workshop: Time: 10am to 1pm. Cost is \$10. Morning Tea provided. Bookings essential. Notify the Centre if you require childminding. |
| Wednesday 28 | Time Out Together (TOT) for families with children 0-5 years: Week Two. Time: 9.30am to 11.30am. Free of charge. For bookings and further details phone Mel Burgess from Homestart on 4921 7323 |
| Wednesday 28 | Tai Chi Evening Classes Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 29 | Women's Gynaecological Cancer Information and Social Support Group: Week One. Time: 10am to 12.30pm. Free of Charge. For bookings and further details please phone Katt Coffey, Social Work Department, Women's Health Team, Hunter New England Health on 4985 5939 |
| Thursday 29 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 30 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |

May

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| Tuesday 4 | Self Esteem Strategies Workshop: Time: 10am to 1pm. Cost is \$10. Morning Tea provided. Bookings essential. Notify the Centre if you require childminding. |
| Tuesday 4 | Legal Appointments: All matters of the law. Bookings are essential. Free of charge |
| Wednesday 5 | Time Out Together (TOT) for families with children 0-5 years: Week Three. Time: 9.30am to 11.30am. Free of charge. For bookings and further details phone Mel Burgess from Homestart on 4921 7323 |
| Wednesday 5 | Tai Chi Evening Classes: Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 6 | Outreach Counselling, Raymond Terrace Neighbourhood Centre: Intake and assessment through Hunter Women's Centre. Please phone for further details. |
| Thursday 6 | Women's Gynaecological Cancer Information and Social Support Group: Week Two. Time: 10am to 12.30pm. Free of Charge. For bookings and further details please phone Katt Coffey, Social Work Department, Women's Health Team, Hunter New England Health on 4985 5939 |
| Thursday 6 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 7 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |
| Wednesday 12 | Time Out Together (TOT) for families with children 0-5 years: Week Four. Time: 9.30am to 11.30am. Free of charge. For bookings and further details phone Mel Burgess from Homestart on 4921 7323 |
| Wednesday 12 | Tai Chi Evening Classes: Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 29 | Women's Gynaecological Cancer Information and Social Support Group: Week Three. Time: 10am to 12.30pm. Free of Charge. For bookings and further details please phone Katt Coffey, Social Work Department, Women's Health Team, Hunter New England Health on 4985 5939 |
| Thursday 13 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 14 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |
| Thursday 18 | Self Esteem Workshop Morisset: Time: 10am to 1pm. Cost is \$10. For bookings and further details contact Southlake Neighbourhood Centre on 4973 7000 |
| Tuesday 18 | Legal Appointments: Family Law matters. Bookings are essential. Free of charge |
| Wednesday 19 | Time Out Together (TOT) for families with children 0-5 years: Week Five. Time: 9.30am to 11.30am. Free of charge. For bookings and further details phone Mel Burgess from Homestart on 4921 7323 |
| Wednesday 19 | Tai Chi Evening Classes: Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 20 | Outreach Counselling, Raymond Terrace Neighbourhood Centre: Intake and assessment through Hunter Women's Centre. Please phone for further details. |
| Thursday 20 | Women's Gynaecological Cancer Information and Social Support Group: Week Four. Time: 10am to 12.30pm. Free of Charge. For bookings and further details please phone Katt Coffey, Social Work Department, Women's Health Team, Hunter New England Health on 4985 5939 |
| Thursday 20 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 21 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |
| Wednesday 26 | Time Out Together (TOT) for families with children 0-5 years: Week Six. Time: 9.30am to 11.30am. Free of charge. For bookings and further details phone Mel Burgess from Homestart on 4921 7323 |
| Wednesday 26 | Tai Chi Evening Classes: Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 27 | Women's Gynaecological Cancer Information and Social Support Group: Week Five. Time: 10am to 12.30pm. Free of Charge. For bookings and further details please phone Katt Coffey, Social Work Department, Women's Health Team, Hunter New England Health on 4985 5939 |
| Thursday 27 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 28 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |

June

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| Tuesday 1 | Personal Boundaries Workshop Morisset: Time: 10am to 1pm. Cost is \$10. For bookings and further details contact Southlake Neighbourhood Centre on 4973 7000 |
| Tuesday 1 | Legal Appointments: All matters of the law. Bookings are essential. Free of charge |
| Wednesday 2 | Tai Chi Evening Classes: Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 3 | Outreach Counselling, Raymond Terrace Neighbourhood Centre: Intake and assessment through Hunter Women's Centre. Please phone for further details. |
| Thursday 3 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 4 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |
| Wednesday 9 | Domestic Violence Group: Week One of a four week therapeutic group for women who are experiencing, or have experienced domestic violence. Time 10am to 12.30pm. Cost is \$5 per week or \$15 upfront payment. Attendance in the first week is essential. For further details and bookings phone the Centre. Childminding is available. |
| Wednesday 9 | Tai Chi Evening Classes: Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 10 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 11 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |
| Tuesday 15 | Your Answers Are In Your Dreams Workshop: Time: 10am to 1pm. Cost is \$10. Morning Tea provided. Bookings essential. Notify the Centre if you require childminding. |
| Tuesday 15 | Legal Appointments: Family Law matters. Bookings are essential. Free of charge |
| Wednesday 16 | Domestic Violence Group: Week Two |
| Wednesday 16 | Tai Chi Evening Classes: Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 17 | Outreach Counselling, Raymond Terrace Neighbourhood Centre: Intake and assessment through Hunter Women's Centre. Please phone for further details. |
| Thursday 17 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 18 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |
| Wednesday 23 | Domestic Violence Group: Week Three |
| Wednesday 23 | Tai Chi Evening Classes: Time: 6.15pm to 8.15pm. Cost: \$12 per class or \$90/\$80 conc (per term). First class is free for those wanting to try it. Ph Tina on 0417 436 627 |
| Thursday 24 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |
| Friday 25 | Women's Friendship and Support Group: A weekly facilitated discussion group. Phone for Intake prior to your first visit. Time: 11am to 1pm. Cost: \$2. |
| Wednesday 30 | Domestic Violence Group: Week Four |

July

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| Thursday 1 | Outreach Counselling, Raymond Terrace Neighbourhood Centre: Intake and assessment through Hunter Women's Centre. Please phone for further details. |
| Thursday 1 | Kinesiology: Using muscle monitoring to address dis/eases and disorders that affect wellbeing. Phone the Centre for further details and costs. Bookings essential. |

For further details, bookings and registrations please contact Hunter Women's Centre

Ph: 4968 2511, E-mail: admin@hwc.org.au

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Hunter Women's Centre is funded by NSW Health through Hunter New England Health