

About Us

Hunter Women's Centre is a non-government, not-for-profit, community based organisation, providing services to improve the health and well-being of the women in the Hunter.

The centre is run by women, for women, and has been operating for over 40 years. Our experienced and qualified team work from a holistic perspective that considers all aspects of a woman's health and well-being.

We provide positive health interventions by addressing the many underlying issues that can lead to adverse mental and physical health conditions in women's lives. This prevention and intervention approach assists in the reduction of future health costs.

What Do We Do?

- We provide client-centred, strengths-based, trauma-informed services for women
- Counselling, education, therapeutic interventions for trauma recovery, social support, information, referrals

Who Can Attend?

Women of all ages, cultures, sexual orientation, gender identity and beliefs are welcome at Hunter Women's Centre.

Our priority target groups are:

- women experiencing, or at risk of family or domestic violence and abuse
- disadvantaged and marginalised women including CALD and Indigenous women
- socially and geographically isolated women

Hunter Women's Centre is a project of
Hunter Region Working Women's Group

Find Us

**60 Industrial Drive
(Cnr Avon Street)
PO Box 38
Mayfield NSW 2304**

Phone: 02 4968 2511

Email: admin@hwc.org.au

Web: www.hwc.org.au

Getting Here

Buses

24 - Marketown, Carrington, Industrial Dr Mayfield
47 - Marketown, Wickham, Tighes Hill, Maitland Rd Mayfield
11 - Newcastle East, Islington, Maitland Rd Mayfield

Train

Nearest station is on the Hunter Line at Waratah, with a 20 minute walk to the Centre.

Car

Street car parking available in Avon St

Opening Hours

Monday to Thursday : 9am to 5pm

Friday : 9am to 3.30pm

Some After-Hours appointments are available upon request and consideration



We acknowledge the Awabakal and Worimi people, the traditional custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.



**Promoting
the health and
wellbeing of
women**

02 4968 2511



Funded by NSW Health: Hunter
New England Local Health District



Our Services

Our service provision aligns with our priority health issues:

- Domestic and family violence and abuse
- Emotional issues including self-esteem, depression, anxiety and stress
- Relationship issues, including the promotion of healthy and supportive relationships
- Lifestyle risk factors for women, including alcohol and other drugs, tobacco and barriers to physical health
- Preventative health strategies

Counselling

Hunter Women's Centre provides individual Counselling with experienced Trauma-Informed female Counsellors.

Our Counsellors use a range of evidence-based therapies to be able to best suit a woman's individual needs, preferences and personality, to achieve improved health and personal growth.

No referral required.

Inquiries to **02 4968 2511**.

When you call, you will be informed about our processes, and we will ask for your contact details so that our Intake Officer can call you back to learn more about your needs and how we can best support you. From there a counselling assessment appointment may be arranged, or information provided about wait times.

Counselling is free. Donations welcome.

Workshops and Groups

Individual workshops and longer group programs are provided for emotional support, information and strategies to address a range of issues that impact women's lives.

Workshops and groups are held at our site in Mayfield, and sometimes also at other locations in the Hunter region. There is a small cost for most workshops.

Bookings are essential. Look on our Facebook page or website for the current workshops program, or ask to be on our mailing list.

Information and Referral

Sometimes women are seeking information on where else to get the help they need, or are requesting services such as emergency relief or accommodation that Hunter Women's Centre does not provide.

Our dedicated team will provide information and/or referrals to other services in the Hunter region who may be the right fit for you.

Community Education

Hunter Women's Centre participates in community awareness of barriers to women's safety, health and wellbeing, in three ways:

- Presentations to community groups on topics such as domestic/family violence and abuse.
- Partnerships and participation in sector meetings for shared information reaching the broader Hunter region.
- Planning and participation in community awareness campaigns and events that celebrate women's lives.



Connect With Us



Browse our website for information, current programs, links, resources, or to donate.



Stay connected by following our Facebook page where you'll find regular posts with current news and information about activities here at the Centre, as well as shared information from other services in our region.



If you prefer direct contact to update you on our programs, please ask to be on our mailing list for email or post.

We thank all the friends of Hunter Women's Centre who have supported us to provide life-changing assistance to our clients over the years, including volunteers, members of our Board of Management, and individuals or organisations who have funded programs, or made small donations of money or gifts to help our clients feel valued when they need it most.