

CENTRE FOR WOMEN'S, CHILDREN'S & FAMILY HEALTH

Health and Wellbeing Workshops for Women (over 18 years)

Yoga Beginners (\$5 per class)

Feeling tired, run down, can't keep up with the hectic way of life? Maybe yoga is for you? Beginners' yoga is focused on gentle Asana practice step by step, incorporating breath awareness and connecting with one's self.

Mondays (8 weeks) **27th July- 14th September** **10am – 11am**

Yoga Intermediate (\$5 per class)

Have you already done Beginners' Yoga and want to extend yourself? This class gently stretches and strengthens your body whilst calming, soothing and restoring the nervous system.

Mondays (8 weeks) **27th July- 14th September** **11am – 12pm**

Gentle Stretch

Get FIT, get STRONG and get HEALTHY! Come and join us for a fun gentle class incorporating gentle stretch, gentle movement and a splash of strength.

Mondays (8 weeks) **27th July- 14th September** **1pm – 2pm**

Boot Camp Sessions

Have you ever wanted to try Boot Camp but afraid you may not be fit enough? Join our new Boot Camp group! We meet each week at Park Central (Therry Rd, Campbelltown) and explore the basic principles of healthy exercise, using the park facilities to learn how to get the most from our exercise.

Tuesdays (8 weeks) **28th July- 15th September** **10am – 11am**

Meditation

Trying to find a quiet moment for yourself can be a challenge. Meditation/relaxation is a perfect way to help find a tranquil space in your life. This group gives you the chance to let the body rest and feel wonderful through guided meditation. A beautiful mix of soft music and gentle guided meditation.

Tuesdays (8 weeks) **28th July- 15th September** **10am – 11am**

Bollywood Dancing

Come and experience the rich and lively culture of Indian dance. Learn about the rich history and cultural significance of these victory dances and how they are represented in "happy dance" – the lively, colourful, and romantic dance of Bollywood.

Thursdays (6 weeks) **13th August- 17th September** **10am – 11am**

***Please note all groups are FREE OF CHARGE except for the two yoga groups are \$5 per session or \$40 per term, payable on the first day of the group program. EFTPOS available.**

TERM 3 GROUP PROGRAM 2015



Gardening Group

The therapeutic benefits to gardening are well recognised. Come and build social connections with like-minded women and learn more about how gardening can improve your overall health and wellbeing. Join us in the Centre's 'Healing Garden' each week with respected elder Aunty Fran to understand more about the positive benefits of being out in nature and the outdoors and enjoy a cup of tea and a chat.

Fridays (8 weeks) **31st July- 18th September** **9am – 11am**

For Women (over 18 years) Affected by Domestic Violence

Healing Time, Healing Space

For women who have encountered domestic violence at some stage of their lives. This group invites women to explore, validate and acknowledge their grief and loss around the effects of domestic violence. Aims to heal, cleanse and let go, welcoming a new and better life.

Fridays (6 weeks) **31st July- 2nd September** **10am-12pm**

Putting the Pieces Back Together

This therapeutic support group explores the dynamics and tactics of domestic violence and helps women develop strategies to overcome the effects of violence and abuse on their lives and relationships.

Wednesday (6 weeks) **29th July- 2nd September** **10am-12pm**

Child and Family

Calm and Connected (10-17yrs)

Do you sometimes feel stressed, anxious or find it difficult to block out the negative self-talk and emotions? This group aims to support self-awareness around your body's reaction to heightened anxiety and negative emotions and explores ways to better manage overwhelming feelings in a more positive way.

Mondays (6 weeks) **3rd August- 14th September** **3:30pm-5:00pm**

Circle of Security (Parenting Program)

Have you ever wanted to build a more secure attachment and work towards a closer relationship with your child? This group aims to support mothers to recognise the small cues children give everyday in order to build more safe and secure relationships. You will become familiar with the Circle of Security Map as a way to better understand different attachment styles and improve your bond between mother and child.

Mondays (6 weeks) **10th August- 14th September** **10am-12pm**

Bookings Essential – register your interest by 17th July 2015
To register, please phone Intake on 1800 077 760 (free call)
Free child care available – book early to avoid missing out!

Centre for Women's, Children's & Family Health
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