

What We Offer

Domestic Violence Counselling:

The Centre has a counsellor who specialises in DFV issues.

Generalist Counselling:

Counselling for disadvantaged women in the local LGAs who struggle with a variety of issues.

Community Development Worker:

The Centre has a role of ensuring that the concerns of women in the local area are heard and responded to.

Community Education:

The Centre offers workshops to groups in the community and other services on a range of women's issues, including responding to and challenging violence against women.

Therapeutic Groups and Workshops:

Our group programs are regularly updated. All groups are either free or low cost.



How To Contact Us

69 Harris Street,
HARRIS PARK 2150

PO BOX 9177
HARRIS PARK 2150

Phone:

(02) 9689 3044

Email:

adminworker@cwhc.org.au

Social Media:

@Cumberland Women's
Health Centre

Funded by Western Sydney
Local Health District



Cumberland
**WOMEN'S
HEALTH**
Centre

Opening Hours:

Monday to Thursday
9:00am—4:30pm

Friday
8:30am—4:00pm

The centre closes
12:30pm—1:00pm for lunch

Who We Are

Cumberland Women's Health Centre Inc. services women who live or work in the Parramatta, Cumberland and The Hills LGAs.

We are committed to a trauma-informed, preventative and holistic approach to the health and wellbeing of all women.

We believe that with information and support, women are in a better position to make choices about their own health and have greater control over their own lives.

We interpret health to mean not only physical health, but also mental, emotional and social wellbeing.



Our Aims

Our aim is to work towards improving the health of women in the Parramatta, Cumberland and Hills LGA through the prevention of domestic and family violence.

We hope to do this by working collaboratively with women to create change in their own lives and in the community.

Cumberland Women's Health Centre is:

- ◆ Run by women for women
- ◆ A place to feel comfortable asking for information and seeking support
- ◆ Supportive and friendly
- ◆ Open to all individuals who identify as women, regardless of ethnicity, sexuality, income or disability
- ◆ Financially accessible—our services are either free or low cost

What We Offer

Support for women who have experienced violence: We offer crisis support, advocacy, counselling, workshops and information.

Information and referral:

You can contact us if you are unsure where to get information on particular issues, for information or referrals.

Crisis support and advocacy for women:

This can be in relation to any issue. You can contact the centre and speak to a worker either on the phone or face-to-face. If we can't help, we usually know who can.

Women's Health and Wellness Group:

Held once a month, CWHC host a group dedicated to the sharing of health information for women in the local community.

DFV Case Management:

Services available for women who are or have experienced domestic and family violence.