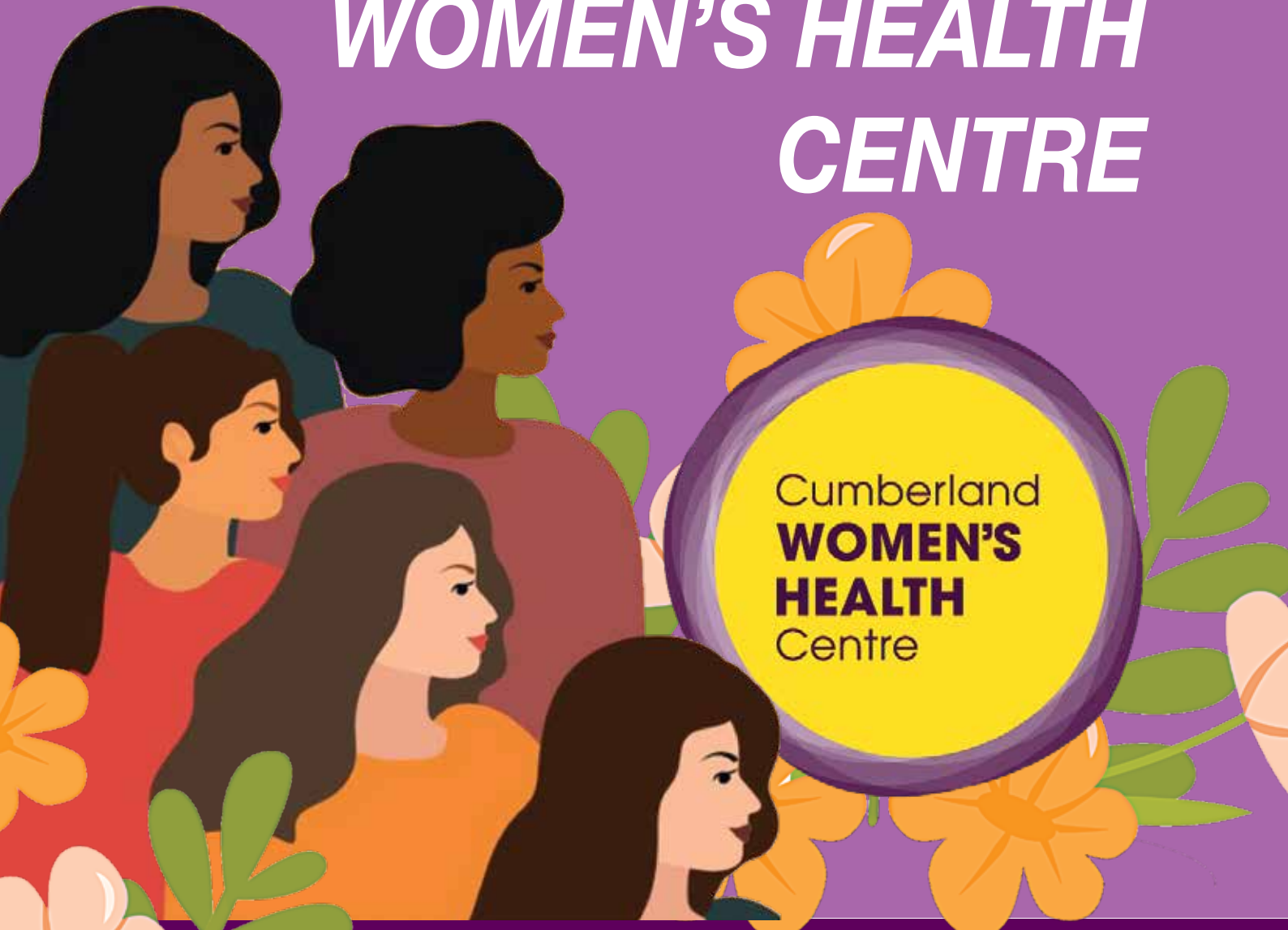


# *CUMBERLAND WOMEN'S HEALTH CENTRE*



Cumberland  
**WOMEN'S  
HEALTH**  
Centre

## NEWSLETTER

**JANUARY-JUNE**  
**2024**

# This Issue...

- About Centre, CWHC Services and Emergency Contacts ..... 2
- A Message from the Executive Officer ..... 3
- Mother's Day Event ..... 4
- Women's Health Group ..... 5
- New Beginnings ..... 6
- Braided Together ..... 7
- Outreach Services ..... 8
- Employment Boost ..... 9
- Event Calendar ..... 10-11



## About our Centre...

The members of Cumberland Women's Health Centre Inc. are women who live or work in the Parramatta, Cumberland and Hills area. 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 hope to do this by working collaboratively with women to create change in their own lives and in the community.



## Services we offer at CWHC...

- Counselling, General and Domestic Violence
- Groups and workshops (therapeutic & psycho-educational)
- Short to Medium Term Case Management
- Community Development activities
- Health Promotion activities
- Special Projects
- Information & Referral
- Victims Services Counselling

## EMERGENCY CONTACTS

**IF YOU ARE IN AN EMERGENCY, CALL 000**

### **LifeLine:**

For 24/7 counselling support

**13 11 14**

### **Link2home:**

For crisis accommodation

**1800 152 152**

### **DV Line:**

For 24/7 Domestic Violence support

**1800 737 732**



## A Message from the Executive Officer...

*Cumberland Women's Health Centre's management committee and I would like to address our deep appreciation to all the staff here at the Centre who have been working so hard to support and meet the needs of women who are experiencing hardship in their life.*

*I would also like to extend thanks to our service users and service providers we have worked alongside and allowed us to be a part of their journey's, as well as the women who have attended groups and workshops. As we kick off the new year, I am thrilled to take a moment to reflect on the remarkable achievements and milestones we accomplished together in the past year.*

*2023 was a year of resilience, collaboration, and innovation for Cumberland Women's Health Centre. Despite the challenges encountered, our team exhibited outstanding dedication, adaptability, and an unwavering commitment in delivering support services. Through partnerships with both government and non-government organizations, we navigated hurdles together, and your tireless efforts did not go unnoticed.*

*Looking ahead, 2024 holds even greater promise and potential for us. CWHC will continue offering services such as individual counselling, therapeutic support groups, health groups and outreach program, skill development and other workshops that focus on addressing health and wellness. The workshops and programs will help to build the improved health, wellbeing, and connectivity on a personal and family, social and at the broader community level.*

*As we embark on new challenges and opportunities, let us carry forward the lessons learned and build upon the successes of the past. Our continued success depends on each team member's dedication, collaboration, and participation*

*We hope you will enjoy reading through our newsletter and encourage you to participate in the upcoming projects and workshop. We are looking forward to another busy and exciting year as we continue to provide needed and effective services to our local community.*

*I extend my gratitude to each and every one of you for your unwavering support and participation. Let's make 2024 a year of even greater achievements and shared success.*

*Thank you for being an integral part of Cumberland Women's Health Centre.*

Regards,  
**Salwa Al Baz**



# Mother's Day **EVENT**

**TUESDAY 14TH MAY  
STARTING FROM 10AM**



*Activities include:  
Bra Fitting, Organisation  
Support, Henna Art and  
Photography skills.*



**EVENT LOCATION:  
CUMBERLAND WOMEN'S HEALTH CENTRE  
69 HARRIS STREET HARRIS PARK 2150  
PLEASE CONTACT US ON  
(02) 9689 3044 TO REGISTER**



Cumberland Women's Health Centre

# Women's Health Group

Get ready to make a splash and prioritize your well-being with our Women's Health Group.

## Term 1

### AQUA AEROBICS

Dive into refreshing water workouts that are easy on the joints but powerful for your fitness.



**EVERY TUESDAY**

**10AM TO 12PM**

**13TH FEBRUARY - 19TH MARCH**

## Term 2

### Energise your Mind and BODY

A vibrant and lively group engaged in light exercises with a backdrop of educational symbols

**EVERY TUESDAY**

**10AM TO 12PM**

**7TH MAY - 11TH JUNE**

Located at Auburn Ruth Everuss Aquatic Centre  
Church St, Lidcombe NSW 2141

Please contact Cumberland Women's Health Centre  
on **(02) 9689 3044** to register



# NEW BEGINNINGS EVERY THURSDAY

**Term 1: 7th March - 11th April**

**Term 2: 9th May - 13th June**

**TIME: 10am—12pm**

## LOCATION:

Cumberland Women's Health Centre  
69 Harris Street, Harris Park

CWHC is running a free support group for women who have or are experiencing violence or lack of respect in a relationship.

This group recognises that abuse causes everyone pain whether it's physical, mental, emotional, financial or spiritual. It is time to rebuild your self esteem by valuing your unique qualities.

**Call CWHC on 02 9689 3044 to register**  
**Places are limited, registration is compulsory**





# *Braided Together*

**Every Wednesday**

**From**

**8th May-12th June**

**Time: 10am - 2pm**

*Calling ourselves Australian-  
what does it mean??*

*Racism?*

*Respect?*

*Harmony?*

**Please Contact us on (02)9689 3044  
to register.**

**Location:**

**Cumberland Women's Health  
Centre**

**69 Harris Street, Harris Park 2150**



**Australian Government**

**Department of Social Services**

# OUTREACH SERVICES

## **Bill Assist**

EVERY SECOND FRIDAY  
STARTING 9th February  
2024  
**9.30am - 2.00pm**



Cumberland Women's Health Centre has proudly partnered with Christian Community Aid to assist women experiencing financial hardship with bills.

## **Free DV Legal Clinic**

**Day: Every second Monday**  
**Time: 9:30am - 12:30pm**  
**Location: Cumberland Women's Health Centre 69 Harris St Harris Park 2150**

Some of the issues we cover will include, but are not limited to:

- AVO Matters
- Divorce/Separation
- Victim protection and support
- Parenting disputes
- Minor criminal charges
- Debt matters
- Forced marriage
- Physical/Spiritual/Psychological/
- Sexual / Technological Abuse



***Our Services are for WOMEN ONLY!***

## **CONTACT US**

For further information and to make an appointment

 **(02)9689 3044**

 **adminworker@cwhc.org.au**



***BY APPOINTMENT ONLY, REGISTRATION IS COMPULSORY***



Cumberland Women's Health Centre

# EMPLOYMENT BOOST



**This FREE 16 week program supports the economic empowerment of women who have experienced Domestic and Family Violence.**

### **Women will be:**

- Be guided through the practical elements of finding exciting, new opportunities to employment and study through; mentorship, group learning and confidence building
- Be supported to achieve employment goals through individually tailored action plans
- Have access to a range of CWHC workshops, groups and programs that tackle emotional barriers to employment
- Be supported to gain a qualification through our various program partners

### **Eligibility:**

- Identify as a woman who has experienced domestic and family violence
- Aged 20-45 years
- Living or planning to work in the Parramatta/Cumberland local government area

### **Contact:**

Cumberland Women's Health Centre  
on (02) 9689 3044  
for more information or to register for

**2024 Dates:**  
**Term 2: April 2024**



Australian Government  
Department of Social Services



## 2024 . JANUARY

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 PUBLIC HOLIDAY	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 PUBLIC HOLIDAY	27
28	29	30	31			

## 2024 . FEBRUARY

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2	3
4	5 DV LEGAL CLINIC	6	7	8	9 BILL ASSIST	10
11	12	13 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	14	15	16	17
18	19 DV LEGAL CLINIC	20 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	21	22	23 BILL ASSIST	24
25	26	27 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	28	29		

## 2024 . MARCH

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1	2
3	4 DV LEGAL CLINIC	5 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	6	7 NEW BEGINNINGS	8 BILL ASSIST	9
10	11	12 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	13	14 NEW BEGINNINGS	15	16
17	18 DV LEGAL CLINIC	19 WOMEN'S HEALTH GROUP <i>Aqua Aerobics - Term 1</i>	20	21 NEW BEGINNINGS	22 BILL ASSIST	23
24	25	26	27	28 NEW BEGINNINGS	29 PUBLIC HOLIDAY	30
31						

## 2024 . APRIL

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 PUBLIC HOLIDAY	2	3	4 NEW BEGINNINGS	5 BILL ASSIST	6
7	8	9	10	11 NEW BEGINNINGS	12	13
14	15 DV LEGAL CLINIC	16	17	18	19 BILL ASSIST	20
21	22	23	24 EMPLOYMENT BOOST	25 PUBLIC HOLIDAY	26	27
28	29 DV LEGAL CLINIC	30				

## 2024 . MAY

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 EMPLOYMENT BOOST	2 EMPLOYMENT BOOST	3 BILL ASSIST	4
5	6	7 WOMEN'S HEALTH GROUP <i>Light Exercise and Discussion on Educational Topics - Term 2</i>	8 EMPLOYMENT BOOST BRAIDED TOGETHER	9 EMPLOYMENT BOOST NEW BEGINNINGS	10	11
12	13 DV LEGAL CLINIC	14 WOMEN'S HEALTH GROUP <i>Light Exercise and Discussion on Educational Topics - Term 2</i> MOTHER'S DAY EVENT	15 EMPLOYMENT BOOST BRAIDED TOGETHER	16 EMPLOYMENT BOOST NEW BEGINNINGS	17 BILL ASSIST	18
19	20	21 WOMEN'S HEALTH GROUP <i>Light Exercise and Discussion on Educational Topics - Term 2</i>	22 EMPLOYMENT BOOST BRAIDED TOGETHER	23 EMPLOYMENT BOOST NEW BEGINNINGS	24	25
26	27 DV LEGAL CLINIC	28 WOMEN'S HEALTH GROUP <i>Light Exercise and Discussion on Educational Topics - Term 2</i>	29 EMPLOYMENT BOOST BRAIDED TOGETHER	30 EMPLOYMENT BOOST NEW BEGINNINGS	31 BILL ASSIST	

## 2024 . JUNE

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3	4 WOMEN'S HEALTH GROUP <i>Light Exercise and Discussion on Educational Topics - Term 2</i>	5 EMPLOYMENT BOOST BRAIDED TOGETHER	6 EMPLOYMENT BOOST NEW BEGINNINGS	7	8
9	10 PUBLIC HOLIDAY	11 WOMEN'S HEALTH GROUP <i>Light Exercise and Discussion on Educational Topics - Term 2</i>	12 EMPLOYMENT BOOST BRAIDED TOGETHER	13 EMPLOYMENT BOOST NEW BEGINNINGS	14 BILL ASSIST	15
16	17	18	19 EMPLOYMENT BOOST	20 EMPLOYMENT BOOST	21	22
23	24 DV LEGAL CLINIC	25	26 EMPLOYMENT BOOST	27 EMPLOYMENT BOOST	28 BILL ASSIST	29
30						



## HAVE YOU LIKED US ON FACEBOOK?

SEARCH: *Cumberland Women's Health Centre*



## FOLLOW US ON INSTAGRAM

@ CUMBERLANDWOMENSHEALTHCENTRE



### ADDRESS:

69 Harris Street, Harris Park NSW 2150  
PO Box: 9177 Harris Park NSW 2150

### OPENING HOURS:

Monday to Friday (9.00am-4.00pm)  
The Centre closes at 12.30pm - 1.00pm for Lunch

**PHONE:** (02) 9689 3044

**EMAIL:** adminworker@cwhc.org.au

**WEBSITE:** www.cwhc.org.au

**FACEBOOK:** Cumberland Women's Health Centre

**INSTAGRAM:** @cumberlandwomenshealthcentre



***CWHC PROUDLY SUPPORTS OUR  
LGBTQIA+ COMMUNITY.  
ALL INDIVIDUALS WHO IDENTIFY AS WOMEN  
ARE WELCOME!***

For all Centre Information,  
or to subscribe to our newsletter, visit

**www.cwhc.org.au**

