

## About Us

Women-centered, trauma-informed, holistic and preventative women's health services to improve health and wellbeing of women in the community.

Funded by South West Sydney Local Health District. Jointly auspiced by Bankstown and Liverpool Women's Health Centres.



## Our Services

**Client Intake & Referral**

**Dietitian**

**Generalist Counselling**

**Generalist Casework**

**Health Education**

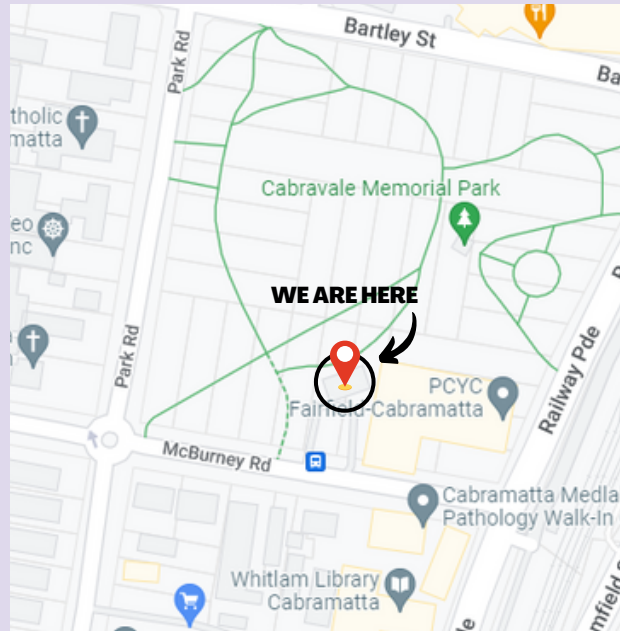
**Health & Wellbeing Group Activities**

**Outreach services**  
(various location)

**Legal Aid NSW Service \***  
(every second Monday.  
Bookings are required)

## Our Location

Inside Arthur West Memorial Hall  
(behind PCYC Fairfield Cabramatta)  
McBurney Road, Cabramatta 2166



## Contact Us

Phone : **(02) 9794 0150**

Email :

**SWSLHD-FairfieldWomensHealthService**  
**@health.nsw.gov.au**

Use this QR code to  
follow our latest  
updates on  
facebook ->



Fairfield  
**Women's**  
health service

## SERVICE INFORMATION & GROUP PROGRAM TERM 1/2023

**A safe space for women in  
the community**

Providing FREE health and wellbeing services to women living in the Fairfield areas, particularly:

- **Culturally and linguistically diverse**
- **Refugee and**
- **Newly arrived**

## Opening Hours

Monday - Friday  
9:00am - 5:00pm  
(Closed between 1:00pm - 2:00pm)

## Contact Us

Phone : **(02) 9794 0150**

Email :  
**SWSLHD-FairfieldWomensHealthService**  
**@health.nsw.gov.au**

## Gentle Yoga Program

**MONDAYS 2.00 PM – 3.00 PM**

**6, 13, 20, 27 February; 6, 13, 20, 27 March;  
3 April**

**Cabramatta Site**

This 10-week FREE gentle yoga program will take you on a journey of bringing harmony into your mind and body.

Each session will focus on bringing peace into your mind and body. In every session we will enjoy the benefits of breathing practices, yoga poses and meditation.

Please bring your own yoga mat

---

**\*Legal Aid NSW is available for one-on-one appointments every other Monday. Bookings are required.**

---

## Healthy Lifestyle Group

(for women at risk of chronic health conditions)

**TUESDAYS 9:30AM – 10:45AM**

**7, 21 February; 7, 21 March; 4 April**  
**Cabramatta Site**

Our qualified English & Arabic speaking dietitian will deliver health talks to support and promote healthier lifestyles. Topics include:

- Diabetes
- Cholesterol
- Heart disease / blood pressure
- Healthy food & lifestyle choices

*Zumba classes will be offered as well.*

**Bookings essential for all groups,  
info sessions and events.**

## Vietnamese Cultural Group

**WEDNESDAYS 10:00AM – 12:00PM**

**8, 22 February; 8, 22 March; 5 April**  
**Cabramatta Library**

Our English and Vietnamese speaking caseworker will run group sessions in a COVID safe and relaxing environment to suit Vietnamese speaking women living in Fairfield LGA. Activities include information sharing, social support, women's physical & mental health education, activities to help with health and wellbeing such as gentle exercise & mindfulness meditation, guest speakers & information from service providers selected by the group, and morning tea.

---

## Khmer Women's Support Group

(Conducted in partnership with Bonnie Support Services)

**WEDNESDAYS 10:00AM – 12:00PM**

**8, 15, 22 February; 1, 8, 22, 29 March;  
5 April**  
**Cabramatta Site**

---

## Covid 19 Information Update for Cambodian Community

Updated information about COVID-19 & COVID-19 Vaccination provided by local Bilingual English/Khmer workers to keep the Cambodian community up to date with the latest news.

FECCA

COVID-19  
SMALL GRANTS



## Women's Exercises Group

**THURSDAYS 9:30AM – 10:30AM**

**2, 9, 16, 23 February; 2, 9, 16, 23, 30  
March; 6 April**

**Cabramatta Site**

Practice Zumba and Yoga with some relaxation techniques facilitated by our resident exercise expert.

---

## Arts & Craft Group

**FRIDAYS 10.30AM – 12:00 PM**

**10, 24 February; 10, 24 March;**  
**Cabramatta Site**

Join our bilingual speaking counsellors in having some fun with arts & craft and making new friends from the area. Art tools will be provided.

---

## Events

**Monday 27.2.2023: 9.45am–3pm: Bus Trip To Coogee Beach**

**Wednesday 01.3.2022: 10am–12pm: Gambling & Mental Health** – presented by FWHS Generalist & Bilingual Counsellor: **Cabramatta Library**

**Tuesday 14.3.2022: 10am–12pm: Gambling & Mental Health presented with Khmer speaking interpreter** – by FWHS Generalist & Bilingual Counsellor: **FWHS**

**Wednesday 29.3.2022: 10am–12pm: Understanding Your Mental Health & Wellbeing** – presented by FWHS Generalist & Bilingual Caseworker: **Cabramatta Library**