Paper Bag Lunch

Last Friday of each month, including:
Friday 25th May 2018
12:00 pm - 1:00 pm

Lunchtime information sessions
Everyone welcome!

Australia's Biggest Morning Tea

Fundraiser with Cancer Council
Thursday 24th May 2018
9:00 am to 3:00 pm
Community Event
Volunteers needed

Contact us for more info

Money Matters

You Can Take Control
Thursday 14th June 2018
from 1:00 pm - 3:00 pm

Presented by Cassy Martin from Indigo Junction

FREE Cervical Screening Clinic & Crèche

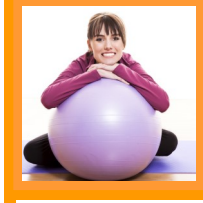
Every Tuesday
Female Advance Practice Nurse. On time 20 minute appointments.
Specialist exam table accessible for women with restricted mobility.

Call 9250 2221 to book.

Keep up to date with what's happening at MWHCP

Like our Facebook page: www.facebook.com/mwhcp
Subscribe to our emailing list: through the website
Join - become a member: enquire at Reception

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning / Afternoon	**Pilates (Beginners)** **$35 (5 Sessions)** 30 Apr to 28 May 8:30 - 9:15 No Classes Mon 4th Jun Public Holiday **Pilates (Intermediate)** **$35 (5 sessions)** 30 Apr to 28 May 9:15 to 10:00 **Art Expressions** **$56 (8 Sessions)** 10:30 am to 12:30 pm 30 Apr to 25 Ju	**EMBRACE Therapy** **$50 (8 Sessions)** 8 May to 26 Jun 09:00 -11:00 **Letting Go (Depression)** **Free Intro Session** 15 May 1:00 - 3:00 **Letting Go (Depression)** **$50 (6 Sessions)** 22 May to 26 Jun 1:00 - 3:00	**Yin Yang Yoga** **$63 (9 sessions)** 2 May to 27 Jun 9:00—10:30 **Available For Events & Activities**	**Tai Chi (Continuing)** **$63 (9 Sessions)** 3 May to 28 Jun 09:15 - 10:15 **Tai Chi** **$63 (9 Sessions)** 3 May to 28 Jun 10:30 - 11:30 **Tai Chi (Beginners)** **$63 (9 sessions)** 3 May to 28 Jun 11:45 to 12:45 **Craft Connections** **FREE (9 Sessions)** 3 May to 28 Jun 12:30 - 2:30	**Yin Yang Yoga** **$63 (9 Sessions)** 4 May to 29 Jun 9:00 - 10:30
Evening		**Tai Chi** **$81 (9 Sessions)** 8 May to 26 Jun 6:00 - 7:00		Unsure? Pay a deposit to reserve your space	



TERM 2 TIMETABLE 2018

This Term at MWHCP:

Cervical Screening Clinic
Counselling
Group Therapy
Exercise Groups

All at a LOW COST

Midland Women's Health Care Place
Phone: 9250-2221
4 The Avenue, Midland WA 6056
Email: info@mwhcp.org.au
Website: www.mwhcp.org.au
Facebook: www.facebook.com.au/mwhcp

Current at 3 April 2018

Women's Wellbeing Counselling

Low cost, private and confidential counselling for a wide range of issue including relationships, domestic violence, grief and loss and more.

EMBRACE

Mums & Bubs Wellbeing Program

These groups address a wide range of issues associated with anxiety, stress and depression during pregnancy and/or after the birth of a baby.

Check our website, call us or drop in for more info

Peri-Natal Support

Our specialist Peri-Natal Counsellors are available to provide support during pregnancy or after the birth of a baby.

Private, confidential and low cost. Midland *and* Ellenbrook. Free crèche available in Midland.

FREE Cervical Screening Clinic & Crèche
Tuesdays at MWHCP.
Book now!

Class Descriptions & Cost

Pilates
Monday Mornings: $35 course - 5 Sessions
Low impact stretching exercise to tone muscles, improve core strength, balance, flexibility & circulation increasing general wellbeing. *Not suitable for those with osteoporosis

Art Expression
Monday Mornings
$56 course - 8 Sessions
Use art materials and the creative process to explore emotions, reduce anxiety, increase self-esteem, and resolve other conflicts.

EMBRACE Therapy
Tuesday (Midland) Mornings:
$50 course - 8 Sessions
Group sessions addressing anxiety, stress & depression after the birth of a baby. A free crèche is available. Those who wish to join these groups must first be assessed by one of our counsellors.

Letting Go - Depression
Tuesday Afternoons
$50 course - 6 Sessions
Learn skills and strategies to manage anxiety

Tai Chi (Gentle Exercise for Arthritis, Diabetes)
Thursday Mornings: $63 course - 9 Sessions
Tuesday Evenings: $81 per course - 9 sessions
Gentle exercise movement classes, encouraging breathing & relaxation. Suitable for those who may have physical difficulties, can be conducted from a seated position.

Craft Connections
Thursday Afternoons: Free - 10 Sessions
Get in touch with inner creativity as a tool for self-expression & to build self-confidence. Create craft you can keep or sell to raise funds for MWHCP.

Yin Yang Yoga
Wednesday Mornings: $63 course—9 sessions (NEW)
Friday Mornings: $63 course - 9 Sessions
Suits all fitness levels. Hatha Yoga is based on physical postures & breath control. Can help achieve reductions in stress & anxiety leading to a general feeling of wellness.

Casual Attendance: Subject to availability. To secure your place, full payment for the course is advised.

TERMS & CONDITIONS

Bookings: Bookings for our services are essential. Please call **9250-2221**, email **info@mwhcp.org.au** or come to our office at **4 The Avenue, Midland**. Payment by cash or EFTPOS.

TERMS & CONDITIONS - GROUPS:

Minimum Number: Please note ONLY classes that fill a minimum number will go ahead. Details of the class are correct at the time of printing.

Maximum Number: Please be aware that due to occupational health and safety reasons, our class sizes are limited. **Bookings must be made for all groups and courses, including casual attendance.**

Casual Attendance: $15 per session, subject to availability. To secure your place, it is recommended that full payment for the course is made at the beginning of the term.

Missed Classes: There are no catch-up classes or refund for missed classes.

REFUND POLICY: There will be no refund for clients who cancel their booking.

Physical Conditions and/or Allergies: Please advise our facilitators of any physical conditions and/or allergies that have the potential to affect your participation.

TERMS & CONDITIONS - COUNSELLING:

For all missed appointments or cancellations made within 24 hours of appointment time normal fees will apply.

OPENING HOURS & PARKING

Opening Hours: Our Midland office is open from 9.00am to 4.00pm Monday to Friday.

Parking: Parking is available at our premises with additional parking available on the street (1 hour) or near the Midland oval. *If parking near the oval please see reception for permit and take note of the no-standing signs.*