

## PAP Smears

Midland Women's Health Care Place offers FREE Pap Smear appointments to women of the Eastern Region. Our Pap Clinics are renowned for their comfort, friendly atmosphere and on-time appointments.

Conducted by a Female Nurse Practitioner from FPWA, Midland Women's Health Care Place's Pap Smears are an excellent way to maintain your health whilst being in a comfortable, safe and female-only environment.

**Ring for your appointment today!**

## Room Hire

Modern facilities with disable access and kitchen facilities are available for hire for your next event:

- Office Space
- Group Activity Rooms
- Function & Entertaining Facilities
- Outdoor BBQ and children's sandpit area

## Membership

MWHCP Members have access to:

- Quarterly newsletters and program timetables
- Use of our resource library and internet
- Invitations to special events and workshops
- Voting rights at Annual General Meetings
- Eligibility to nominate for the Board of Management
- Being able to request the calling of Special Meetings if required.

## Become a Member or Make a Donation

Select from below:

- |  |           |
|--|-----------|
| <input type="checkbox"/> Ordinary Unwaged Member                     | \$10.00   |
| <input type="checkbox"/> Ordinary Waged (Employed) Member            | \$15.00   |
| <input type="checkbox"/> Associate Member                            | \$20.00   |
| <input type="checkbox"/> Professional Member                         | \$25.00   |
| <input type="checkbox"/> Donation (\$2.00 or more is tax deductible) | \$ ____00 |

Membership valid from 1st July to 30th June each year

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Method of Payment

- Cheque     Cash     Please send an invoice

Please make all cheques payable to  
**"Midland Women's Health Care Place"**

- Please send me a receipt (Donations of \$2.00 or more are tax deductible)

### Privacy Policy

Under the Privacy Act Amendments 2001, permission to hold personal details must be granted by all persons who are not paid staff members of Midland Women's Health Care Place. I hereby grant permission to Midland Women's Health Care Place to hold my personal details that include name, home and email address, phone number and any other information required to keep my membership updated and to advise me of programs and other services offered.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# Midland Women's Health Care Place Inc.

One-to-one Counselling  
Group Therapy  
Group Social and Learning Activities  
Free Pap Smears  
Advocacy and Information  
Post Natal Depression Program  
Outreach Services  
Relaxation and De-stressing Activities  
Library on Women's Health  
& so much more...

4 The Avenue Midland, WA 6056

Phone: 9250 2221

Email: [info@mwhcp.org.au](mailto:info@mwhcp.org.au)

Website: [www.mwhcp.org.au](http://www.mwhcp.org.au)

Facebook: [www.facebook.com/mwhcp](http://www.facebook.com/mwhcp)



**Midland  
Women's  
Health  
Care  
Place Inc.**

**Finally a place for me!**



## Groups

Our aim is to provide a diverse range of health services to women in a comfortable, caring and supportive environment.

Each term we offer a variety of groups and courses at affordable prices.

Emotional health, physical health, fun and friendship are on offer every day at MWHCP.

Ask for this term's timetable.

Tai Chi • Belly Dance • Pilates • Yoga  
Pram Walking • Self Esteem  
Pampering Activities • Meditation  
Health Promotion

Educational Sessions and the list goes on....

## MWHCP

Women in our region are from extremely diverse backgrounds. We feel that although many come from socio economic disadvantage, they are entitled to the best service and that is what we are determined to give them.

Women who come through our doors are battlers, often managing a number of complex and distressing issues, such as domestic violence, children with disabilities, and financial strain. These women are courageous and resilient, benefiting from a practical, linked and pragmatic service that delivers real support so they can better manage their lives.

Come in and visit us. All women are welcome no matter where you are in life.

Information or referral to local networks and service provider workshops are offered.

## Counselling

MWHCP provides one-to-one counselling services for all women in the Eastern Region. Providing a place where all your concerns are taken seriously whatever they may be.

One-to-One Counselling and Support  
PND Assessment

PND Therapy and Support Groups  
Depression, Anxiety and Self Esteem Groups

MWHCP conducts a specialised program addressing the needs of families who are experiencing stress and depression immediately before and after the birth of a baby. Early intervention can prevent or minimise the impact of this life change.

Groups are run during school terms  
Free and low cost services  
Great fun & a great way to meet people  
Interesting and relevant subjects  
Qualified & professional facilitators

Female staff  
Friendly and safe environment  
Low cost for everyone  
Available for women of all ages,  
cultures and backgrounds

Qualified female Counsellors  
Empathetic, compassionate & professional  
Low cost appointments  
Counselling for general emotional health  
Specialist in Postnatal Depression