

Paperbag Lunch

Last Friday of each month, including:
Friday 28th of October 2016
12:00pm - 1:00pm

Lunchtime training and information session for service providers.
Topic to be confirmed.

White Ribbon Day

Friday 25th of November 2016
11:00am - 1:00pm

March that Matters - Take a stand against Domestic Violence.
Sausage sizzle and "Spirit of the Streets" choir.

Contact us for
more info

Pram Walk for PND Awareness

Wednesday Morning, 16th of November 2016
(Location to be confirmed)

Save the date! Come along to our free, family friendly event. All are welcome to join us on the walk to help raise awareness of peri-natal depression. Plenty of free activities for the kids, keep an eye on our website for more info!

Natural Therapy Consultation

Fridays

Low cost natural therapy consultations available. \$15 for 15 minutes.
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 \$63 (9 Sessions) 10/10/2016 - 12/12/2016* 9:00 - 10:00 *No Pilates classes 7/11/2016 Mums & Bubs Yoga \$70 (10 Sessions) (Ellenbrook) 10/10/2016 - 12/12/2016 10:00 - 11:00	EMBRACE Therapy \$50 (8 Sessions) 18/10/2016 - 06/12/2016 09:30 - 11:30 Letting Go (Depression) FREE (2 Dates) 18/10/2016 & 25/10/2016 1:00 - 3:00 Attend 1 or both sessions Letting Go (Depression) \$50 (6 Sessions) 01/11/2016 - 06/12/2016 1:00 - 3:00	EMBRACE Therapy \$50 (8 Sessions) 19/10/2016 - 07/12/2016 10:00 - 12:00 (Ellenbrook) Self Esteem \$50 (8 Sessions) 19/10/2016 - 07/12/2016 10:00 - 12:00 4Me & Craft FREE! (8 Sessions) 12/10/2016 - 30/11/2016 1:00 - 3:00	Tai Chi \$70 (10 Sessions) 13/10/2016 - 15/12/2016 09:15 - 10:15 Tai Chi (Seated) \$70 (10 Sessions) 13/10/2016 - 15/12/2016 10:30 - 11:30 Tai Chi (Beginners) \$70 (10 Sessions) 13/10/2016 - 15/12/2016 11:45 - 12:45 Creative Coffee Club FREE! (6 Sessions) 27/10/2016 - 01/12/2016 1:00 - 2:30	Gentle Yoga \$70 (10 Sessions) 14/10/2016 - 16/12/2016 9:00 - 10:30 Belly Dancing \$70 (10 Sessions) 14/10/2016 - 16/12/2016 10:30 - 11:30	
Evening		Circle of Security \$50 (6 Sessions) 25/10/2016 - 29/11/2016 6:00 - 7:30 Tai Chi \$90 (10 Sessions) 11/10/2016 - 13/12/2016 6:00 - 7:00		Pilates \$72 (8 Sessions) 13/10/2016 - 15/12/2016* 5:15 - 6:15 *No Pilates classes 3/11/2016 & 10/11/2016		



TERM 4 TIMETABLE 2016

This Term at MWHCP:

Pap Smear 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 September 28 2016

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.

Circle of Security

For Mums & Dads

This program will help you to feel more confident about meeting your children's emotional needs whilst setting appropriate limits for them.

Contact us
for more info

Embrace Therapy Group

Midland & Ellenbrook
Free crèche

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.

FREE PAP Clinic & Crèche

Tuesdays at MWHCP.

Book now!

Class Descriptions & Cost

Pilates

Monday Mornings: \$63 course - 9 Sessions

Thursday Evenings: \$72 course - 8 sessions

Low impact stretching exercise to tone muscles, improve core strength, balance, flexibility & circulation increasing general wellbeing. *Not suitable for those with osteoporosis

Mums & Bubs Yoga

Monday Mornings (Ellenbrook): \$70 course - 10 Sessions

Combine exercise for you & play time for baby in a supportive environment. A great way to get back into shape after your new arrival.

EMBRACE Therapy

Tuesday (Midland) or Wednesday (Ellenbrook) 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 depression.

Self Esteem Group

Wednesday Mornings: \$50 - 8 Sessions

This workshop provides women with a range of techniques, skills and strategies to strengthen their self esteem. A pre group phone interview with the group facilitator will be necessary.

Tai Chi (Gentle Exercise for Arthritis, Diabetes)

Thursday Mornings: \$70 course - 10 Sessions

Tuesday Evenings: \$90 per course - 10 sessions

Gentle exercise movement classes, encouraging breathing & relaxation. Suitable for those who may have physical difficulties, can be conducted from a seated position.

4Me & Craft

Wednesday Afternoons: FREE - 8 Sessions

Create craft you can keep or sell to raise funds for MWHCP. Supportive and friendly atmosphere.

Creative Coffee Club

Thursday Afternoons: Free - 6 Sessions

Get in touch with inner creativity as a tool for self-expression & to build self-confidence. Craft activities & self-esteem exercises.

Gentle Yoga

Friday Mornings: \$70 course - 10 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.

Belly Dancing

Friday Mornings: \$70 course - 10 Sessions

A fun way to improve your fitness.

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 preferred.

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: 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 / 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.*