

Paper Bag Lunch

Last Friday of each month, including:
Friday 23rd February 2018
12:00 pm - 1:00 pm

Lunchtime information sessions
Everyone welcome!

International Women's Day Morning Tea

Wednesday 7th March 2018
9:30 am to 11:00 am
Members Only Event
Interested? Contact us about becoming a member

Contact us for
more info

Money Matters

You Can Take Control
Friday 16th March 2018
from 11:30 am - 1:30 pm

Presented by Cassie Martin from Indigo Junction

FREE Pap Clinic & Crèche

Every Tuesday

Female Advance Practice Nurse. On time 20 minute appointments.
Specialist pap 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) \$56 (8 Sessions) 5 Feb to 9 Apr 8:30 - 9:15 <div style="border: 1px dashed black; padding: 2px;"> Unsure? Pay a deposit To reserve your space </div> Pilates (Intermediate) \$56 (8 sessions) 5 Feb to 9 Apr 9:15 to 10:00 Art Expressions \$56 (8 Sessions) 10:30 am to 12:30 pm 5 Feb to 9 Apr	EMBRACE Therapy \$50 (8 Sessions) 13 Feb to 3 Apr 09:00 - 11:00 Letting Go (Anxiety) Free Intro Session 20 Feb 1:00 - 3:00 Letting Go (Anxiety) \$50 (6 Sessions) 27 Feb to 3 Apr 1:00 - 3:00	Available For Events & Activities	Tai Chi (Continuing) \$70 (10 Sessions) 8 Feb to 12 Apr 09:15 - 10:15 Tai Chi \$70 (10 Sessions) 8 Feb to 12 Apr 10:30 - 11:30 Tai Chi (Beginners) \$70 (10 sessions) 8 Feb to 12 Apr 11:45 to 12:45 Craft Connections FREE (10 Sessions) 8 Feb to 12 Apr 12:30 - 2:30	Yin Yang Yoga \$70 (10 Sessions) 2 Feb to 13 Apr 9:00 - 10:30	
Evening		Tai Chi \$90 (10 Sessions) 6 Feb to 10 Apr 6:00 - 7:00			<div style="border: 1px dashed black; padding: 2px;"> Unsure? Pay a deposit to reserve your space </div>	



TERM I TIMETABLE 2018

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 12 December 2017

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 PAP Clinic & Crèche
Tuesdays at MWHCP.
Book now!

Class Descriptions & Cost

Pilates

Monday Mornings: \$56 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

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) & Ellenbrook (Wednesday) 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 - Anxiety

Tuesday Afternoons

\$50 course - 6 Sessions

Learn skills and strategies to manage anxiety

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.

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

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.

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.*