

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 Information

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 to book)

Keep up to date with what's happening at MWHCP



Like our Facebook page:
www.facebook.com/mwhcp

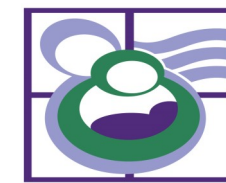
Subscribe to our emailing list: through the website

Day	Time	Activity	Cost
Monday	Morning / Afternoon	Pilates (Beginners) 30 Apr to 28 May 8:30 - 9:15	\$35 (5 Sessions)
	Evening	Pilates (Intermediate) 30 Apr to 28 May 9:15 to 10:00	\$35 (5 Sessions)
Tuesday	Morning / Afternoon	EMBRACE Therapy 8 May to 26 June 9:30 - 11:30	\$50 (8 Sessions)
	Evening	EMBRACE Support Group (FREE) 8 May to 19 June (every f/n) 9:30 - 11:00	FREE
Wednesday	Morning / Afternoon	Yin Yang Yoga 2 May to 27 June 9:00 - 10:30	\$63 (9 Sessions)
	Evening	Available For Events & Activities	
Thursday	Morning / Afternoon	Tai Chi (Continuing) 3 May to 28 June 9:15 - 10:15	\$63 (9 Sessions)
	Evening	Tai Chi (General) 3 May to 28 June 10:30 - 11:30	\$63 (9 Sessions)
Friday	Morning / Afternoon	Yin Yang Yoga 4 May to 29 June 9:00 - 10:30	\$63 (9 Sessions)
	Evening	Craft Connections 3 May to 28 June 12:30 - 2:30	FREE (9 Sessions)



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 16 April 2018

Women's Wellbeing Counselling

Low cost, private and confidential counselling for a wide range of issues 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.*