“Health” - What does it mean?

Supporting Children to Develop Healthy Social and Emotional Wellbeing

Health Benefits of Song - Women United in Voice

The Healing Crafts
Hello Women

This quarter was as usual very busy. The activities at the Centre ticked over with no significant issues arising. Staff and management took time out together to plan for the next year. These were fruitful and fun days. So we see the end of another financial year with as many contacts from women as last year. The Celebrate Women Gala (joint fundraiser with Artspaced Inc.) was a great success with over $6,000 being raised so far. A big THANK YOU to Katelyn Aslett and Jeanette Hutchinson for the tireless work and effort they put in to make it happen. I would also like to thank the staff that gave their time to work at the event and to all those who dressed up and joined in the fun. The art exhibition continues at Dance North. It is well worth your while visiting if you can.

I would like to thank every individual who has either given time, money or donations to the Centre. There has been an overwhelming amount of community support and generosity towards the centre this year. This strong community support provides staff with resources to work with women and also provides direct help to women. This community support also reinforces staff’s commitment to the work they are doing.

On 1st July we had a wonderful day with Artist Theresa Hammer who engaged women and children in painting Australian Aboriginal Art. It was a wonderful activity to mark the beginning of NAIDOC week. Afterwards everybody enjoyed a BBQ. Lillian spoke and the singing group sang. There was also lots of interest in Teresa’s artworks which were on display in the reception area during NAIDOC week.

Preparations for Reclaim the Night and Sexual Violence Awareness month are in full swing. Training for community workers on the long term effects of Childhood Sexual Assault will be held in October in Ayr, Ingham, Charters Towers. Enrolment forms are on the website: http://www.thewomenscentre.org.au/bulletin%20page.html and page 11 of this newsletter.

A full day training will also be offered on Best Practice guidelines for responding to Adult survivors of Childhood Sexual Assault at James Cook University during October. Dates and Times are yet to be finalised. To register your interest, please email belinda@thewomenscentre.org.au.

Banners are on sale for Reclaim the Night march. See page 10 for more information. We invite all businesses and organizations to get involved and buy a banner to carry on the night. Join us to March against Sexual Violence on the 31st October 2011. We encourage everyone to get involved with sexual violence awareness month to make it bigger and better than last year.

Cathy
Coordinator
A Social model of Health

How would you define health?

A simple yet thought-provoking question. Is it the absence of disease or is it more complex than that?

Why women’s health?

Health may be defined in different ways. It may focus on individuals and on the absence of disease or broadly, as a sense of wellness. It may take on a cultural wellbeing context of the whole community, environmental, social, emotional and psychological health. The point is we are a whole being impacted upon by many internal and external influences. This is often referred to as holistic health – as in physical, mental, social, cultural and spiritual wellbeing.

How we think of health is very important. If health is defined as merely the absence of disease, from a health promotion point of view this means focusing solely on disease prevention (Talbot and Verrinder, 2005). This ignores determinants of health including social, environmental, political and economic impacts upon health. Limiting the concept of health and health promotion to disease prevention relates to a curative and somewhat outdated medical model of health. This model is based largely on biological attributes of individuals and their behaviour, while ignoring the impact of these other factors. This is very limiting and unrealistic. In the disease prevention model, the focus is on risk behaviour and healthy lifestyles, health education, individual responsibility and as a result people are treated in isolation of their environments.

People exist biologically, socially, environmentally, psychologically, emotionally, culturally and spiritually. They are part of a family, community and their environment. All of these things impact upon a woman’s health.

Often in health promotion, activities focus on encouraging people to take responsibility for their own health on an individual level. This concentration on individual behavioural changes ignores the social, environmental, economic and political structures in which people live. This has led to what is termed ‘victim blaming’.

‘Victim blaming’ occurs when the structural causes of ill health are ignored and attention is focused on the individual with the aim of changing behaviour. The Ottawa Charters’ (1986) five pronged approach limits opportunities of victim blaming as it encourages personal, community and population health approaches in unison (Talbot and Verrinder, 2005, p.66).

Another way to view health is from a social model perspective (1970’s onwards).

A social model of health considers the impacts of broader determinants on health and aims to increase social equity. It involves intersectoral collaboration, advocacy, mediation and empowering individuals, communities and populations. Equity, equality and social justice are the linchpin values of public health practice. Equality is about sameness whereas equity is about fairness (Talbot and Verrinder, 2005, p.44). Equality of service provision does not necessarily translate to equity of access or equitable opportunities for health gain.

In 2000 the World Health Organisation presented ten social determinants of health: social gradient, stress, early life, social exclusion, work, unemployment, social support, addiction, food and transport.

Further to this model, over the last two decades the ecological model of health has been developing with shifts to include a healthy planet as impacting upon the relationship between ourselves and the environment in which we exist (Vic Health, 2010).

Moss (2002p.652) in Baum 2002, offers a comprehensive framework that reflects on the many factors influencing women’s health. Some of these factors are:

- **Policy and services** – employment, health care, child care, welfare, transportation.
- **Legal rights** – women’s, health, human and employment.
- **Economics** – inequality extent, policy.
- **Organisations** – political parties, credit co ops, unions.
- **Discrimination** – ethnic, gender, age.
- **Socio-demographics** – age, gender, ethnicity, birthplace, education, marital status.
- **Household** – structure, division of labour, carer roles, access to resources, community roles, ownership/property.
- **Workplace** – sector, formal work, hierarchies, discrimination.

- **Social capital/support networks** – friends, family, community, groups.
- **Psychosocial** – accessibility.
- **Health service** – Stress, mood, coping, spirituality.
- **Behaviours** – sexual, substance use, physical activity, diet, contraception, breastfeeding, smoking, alcohol and violence.
- **Health outcomes** – mental health/illness, disability, chronic disease, infectious disease (p.244).

So we see women’s health is complex and impacted upon by many factors. Returning to the social determinants of health – gender is notable in its absence. I argue it should be included as a determinant of women’s health. Professor Helen Keleher has done some excellent work in this area and considers gender as a social determinant of health.

Gender as a determinant of health has many layers. There are the holistic factors including economic, cultural, financial and political inequities. Stereotypes, discrimination, societal expectations, power relationships, social and sexual norms all impact upon women’s access to health and wellbeing. Social, cultural, economic and environmental aspects impact upon women’s opportunities.

Discrimination and social inequity hinder access. The interrelationship of all these factors impact adversely upon women’s health.
Those who focus solely on women’s biological health often seek a simplistic explanation but women’s health is complex and multi layered as outlined above. This is why The Women’s Centre operates from a social model of health perspective as we appreciate the many factors that influence women’s health and well being: Housing, income, employment, lack of child care, violence against women, mental health are all factors that impact upon women’s health outside the biological health model.

This brings me to violence against women as a key determinant of women’s health. Violence against women is about power, control and oppression and it takes many forms in our society. Obvious acts such as intimate partner violence whether it is emotional, physical, sexual, financial or psychological, and sexual assault from people known or not known to the woman come to mind. Other examples include, but are not limited to trafficking of women and girls, harmful traditional practises, unwanted touching or advances, drink spiking and advertising that objectifies and sexualises women and girls.

The impacts of intimate partner violence are far reaching upon the woman, her family and the community. Premature death, injury, poor mental health, homelessness; behaviours that affect health and reproductive health problems are just some of the impacts. The influence of violence persists long after the violence stops. The economic cost of intimate partner violence has been estimated to be over $13 billion and addressing it is a priority.

Violence against women has serious holistic health consequences for women and is a breach of women’s human rights (United Nations 1993).

The question at the beginning of this article asked “How would you define health?”

In relation to women’s health, an iceberg is a good analogy. The problem may seem obvious on the surface but underneath are many contributing factors and variables not traditionally linked to women’s health via a biomedical model.

Amanda
Health Promotion Worker,
The Women’s Centre

What is the definition of holistic health? It’s a wellness approach that addresses the body, mind and spirit or the physical, emotional/mental and spiritual aspects of an individual.

The use of the terms ‘spirit’ or ‘spiritual,’ is not making a reference to anything religious; it is talking about the essence of who you are; the core self.

A holistic approach encourages the individual to engage in self care and educate themselves about their health. It urges them to be an active participant in their treatment and health care, rather than giving all the power to a health care provider.

The Balancing Life Group supports women in healing their mental, emotional and spiritual wellbeing, which has a direct impact on her physical health.

For a person to focus on setting goals, communicating clearly and maintaining healthy relationships involves having positive self esteem.

You may ask yourself:
What is self esteem?
What is low self esteem and how does this impact on a person?
How does low self esteem begin?
What are my positive qualities?
What values and beliefs do I have which are important to me?
How do I develop positive self esteem?

The balancing life group supports women in finding some answers to these questions.

Come and join us at the Women’s centre on Mondays between 10am and 12 noon.

Lynda and Kasey

Balancing Life - Supporting Holistic Health

www.thewomenscentre.org.au

The Women’s Centre 07 4775 7555
Supporting Children to Develop Healthy Social and Emotional Well–Being

Being a parent or carer of a child is full of amazing, fun and challenging times and is often very hard work.

It's one of life's most important roles, if not the most important! Every adult who spends time with children has opportunities to create safe and fulfilling relationships with children and offer a vast array of rich opportunities to enhance a child's healthy growth and development. We don't have to be rich in a monetary sense to do this, just have our eyes open to what children need.

Developing a healthy sense of self worth starts from a very early age. Children need to feel secure and nurtured by a caregiver who is responsive to their needs. This can be hard to do when carers are weighed down by the multiple stressors of daily life – issues like financial hardship, a lack of secure and safe housing, or violence, so adults need support too.

Children develop and grow within the context of interpersonal relationships, especially relationships with those who are important in their lives. Safe and nurturing relationships enable children to begin to develop understanding about social relatedness, emotional responses and empathy. As children experience and witness these positive behaviours in others, they learn about themselves and gain insight into other people's needs, feelings and thoughts. These are all at the core of becoming healthy adults and having healthy interactions with others. Although all stages of development from birth to adolescence are significant, infancy is an extremely powerful time for the development of strong foundations of positive social interaction. Infancy is a time of rapid brain development, where the patterns of emotional experience are very influential in the formation of a healthy sense of self and positive self regard. The foundations laid down in the first five years of life are closely connected to emotional well-being and influence how a child detaches from a significant adult and adapts to separation, such as going to school, and how a child forms successful relationships with others in the present and future.

Emotional intelligence is a term used to describe how an individual relates with others and manages their own emotions. It incorporates concepts of identifying, understanding and communicating our own emotions, as well as recognising and responding respectfully to the emotions displayed by others. These interactions take place through social connectedness and meaningful relationships with others. As adults we can provide an environment in which children feel safe, accepted and supported, an environment from which it is safe to venture out and try something new, and to return in the knowledge that their efforts will be recognised. We can encourage children to engage in multiple opportunities to practice and navigate the complexities of human interaction. Such opportunities enable the development of strong communication skills, positive self esteem and an awareness of their own and others' emotional state. As children grow, this approach supports them to experience and accept the full range of their own emotional responses, to seek support, to manage and regulate their own responses and behaviour, develop empathy for others and establish and sustain relationships.

Positive childhood experiences shape the development of the key characteristics needed for successful and effective relationships through any life stage. These include:

• Engagement and attunement with children through tuning into their world and understanding their perspective. Observation and listening are important aspects of this.
• Responding to children through verbal and non-verbal communication, building supportive, accepting relationships.
• Repairing misunderstandings and disrupted communication
• Emotional openness through acknowledging and sharing joyful emotions as well as those that can be uncomfortable, as appropriate
• Understanding and managing our own emotions and role modelling this to children
• An emphasis on strengths and the development of competencies in a framework of empowerment
• Minimise stress through having clear boundaries and expectations
• Enabling children to make sense of their experiences

All children learn about the world, themselves and other people through imaginative play and trying out new things. As adults, we can support children to feel good about themselves, to be confident, happy and relaxed as they develop and grow. Children thrive in a safe environment where they feel valued and accepted and where significant adults provide positive influences which enhance healthy self esteem and resilience. If we all strive to provide such opportunities to children, we will provide a solid foundation for children to grow into socially and emotionally competent young people and adults.

Dí

Senior Counsellor,
The Women's Centre

References:
www.rch.org.au
www.kids.nsw.gov.au
There is a growing body of evidence that connects Arts participation to improvements in health and wellbeing \(^{10,14}\).

To this end a literature review was carried out on the topic of group singing and the potential for a women’s singing group at The Women’s Centre.

The results were encouraging, as outlined below and funding was sought to introduce a program of singing to the Centre.

We are pleased to announce that funding through The Regional Arts Development Fund was successful. This has allowed us to employ a professional musical director to facilitate the choir.

The Regional Arts Development Fund is a partnership between local council and Arts Queensland (State Government) to foster the Arts in our community. Hence we now have – Women, United in Voice, occurring each week at the Women’s Centre at 1.30pm Wednesdays from June – November. We hope this group will perform at Reclaim the Night to showcase our achievements over the 6 months and add our voice to activism for Women’s Rights. We are also exploring possibilities to sustain this group into the future.

The literature reviewed found that participatory singing includes physical, mental and social benefits.

The social benefits include:
- improvements to social life \(^{11,5,3}\),
- improved interpersonal relationships \(^{15,10}\),
- increased self confidence \(^{4,5,10}\),
- social inclusion for marginalised groups \(^{10}\),
- identity \(^{15}\),
- being part of a team \(^{4}\),
- increased interpersonal skills through social interaction \(^{10,2}\),
- a cultural activity that is not sport orientated \(^{10}\),
- empowerment
- overcoming isolation
- diversity appreciation
- it’s use for social activism \(^{10}\).

Mental health benefits include
- improved mood \(^{12,10,3}\),
- sense of belonging \(^{10}\),
- decreased stress \(^{15,4,10}\),
- improvement in depression symptoms \(^{11,15,12,10,5,13}\),
- decreased anxiety \(^{10,4,15}\).

Hillman\(^{11}\) (2002) reported
- increased self confidence,
- decreased grief and
- increased quality of life (p.170).

Dinsdale \(^{4}\) (2007) commented on the benefits for people with long term mental health problems (p.21).

The physical benefits related to group singing were
- improved singing skills \(^{11}\),
- controlled breathing \(^{11,15,10}\),
- relaxation \(^{11,10}\),
- benefits to asthma management \(^{6,10,7,15,8}\),
- therapy for people with Alzheimer’s \(^{15}\),
- stress reduction \(^{15,5,10}\) and
- stimulation of the immune system \(^{5,10}\).

Some of the research discussed participants using the phrase “found my voice” \(^{15}\).
This multilayered response can mean ‘to be able to sing’ or from a feminist analysis, ‘to having more control over one’s life and situation’(15). Fullagar (9) (2008) has linked leisure practices to women’s recovery from depression and identified the significance of social support, coping and buffering effects of leisure, the benefits of creativity and self care for recovery (p.35 and 46).

Community benefits were noted in some of the literature as
improvements in social capital (10, 1), and
• increased citizenry and
community involvement (10).

Kenny and Faunce (12) (2004) state singing in a group may prove to be a simple and cost effective therapy thereby decreasing costs (p.243). More research will elucidate this.

We had our first singing group session today and it was fantastic. There was little hesitation as everyone jumped right in. It was engaging, lively and a lot of fun. Thanks to our Music Director, Vicki who made it so much fun and the high spirits of the group participants, most of us left with smiles on our faces and we produced some pretty good sounds too!

Can’t wait till next week..........................

Amanda Watson
Health Promotion Worker
The Women’s Centre

References

Didgeridoos, songs and boomerangs for asthma management. Health Promotion Journal of Australia 21 (1), p.39-44.


Creating things is good for you.

Whether you create with paper, clay, paint, pen, words, wool or fabric, make beautiful music, or delicious food, creativity is an important part of our human experience; it feeds the soul, and has been found to have health benefits as well.

Robert Reiner, PhD, a New York University psychologist studied the effects of various activities on blood pressure, skin temperature and heart rate. The activities included sewing a simple project, playing a card game, playing a video game, painting and reading a newspaper. Sewing was found to be the most relaxing activity lowering the heart rate, blood pressure and perspiration. Millions of crafters already knew this: crafts relieve stress.

Dr. Reiner said “The act of performing a craft is incompatible with worry, anger, obsession, and anxiety, crafts make you concentrate and focus on the here and now and distract you from everyday pressures and problems. They’re stress-busters in the same way that meditation, deep breathing, visual imagery, and watching fish are.”

Creativity keeps you healthy for longer.

Psychiatrist Gene Cohen, director of George Washington University’s Center on Aging, Health & Humanities has studied creativity and aging for 30 years.

He studied 300 people between the ages of 65 and 103, with half involved in creative activities such as singing, creative writing, poetry, painting or jewellery making. The other half were not involved in creative activity. After two years, better physical health and fewer doctor’s visits were reported by those in the creative group. They also reported less falls and experienced less depression and loneliness, and were more independent than the control group. Cohen theorises that arts participation can increase the sense of control and social engagement. These can boost the immune system.

“Art is accessible to all communities, and it’s an activity that can be sustained.”

In his book “The mature mind: the positive power of the Aging Brain” (Basic Books, 2005) Cohen explains that trying new things and being creative promotes flexibility and growth in our brain, even prompting it to rewire. This may ward off dementia and help to maintain health.

“When you challenge the brain, your brain cells sprout new connections, called dendrites, and new contact points, called synapses, that improve brain communication.”

Other Neuroscientists are also investigating the idea that stimulating mental activity such as artistic expression promotes the cerebral cortex to grow new brain cells. Roberto Cabeza, an associate professor of psychology and neuroscience at Duke University states “Even as we age, the creation of these new neuron networks continues.”

Arnold Scheibel, M.D., head of U.C.L.A’s Brain Research Institute says “The brain is like a muscle, the more ways you use it, the more reserves you’ll build and the harder it will be for diseases to break it down.”

Marion Diamond, Ph.D., professor of Integrative Biology at the University of California at Berkeley adds “The key to building your brain is to pick up something that is unfamiliar to you and unlike your normal routine ... take up sculpture, painting, crossword puzzles, or work on a complex knitting pattern.”

Creativity reduces stress.

Reducing stress will help us live longer and be healthier.

Herbert Benson, MD, a world renowned mind/body expert from Harvard University says that repetitive, rhythmic crafts such as knitting may evoke the relaxation response – a feeling of bodily and mental calm that’s been scientifically proven to enhance health and reduce the risk of heart disease, anxiety and depression. It reduces blood pressure, the heart rate and other measures of stress. “You can induce the relaxation response through any type of repetition, whether its repeating a word, prayer, or action such as knitting or sewing. The act of doing a task over and over again breaks the train of everyday thought, and that’s what releases stress.”

Joseph Primavera III, Ph.D., a psychologist who specializes in health psychology, states, “Knitting contains a nice mix of cognitive and behavioral techniques to help deal with stress. While knitting, you are relaxed, sitting comfortably, breathing easily, and you’re doing something you can enjoy. A sense of accomplishment comes at the end when showing off a new sweater.”

“Flow,” is a term created by Mihaly Csikszentmihalyi, PhD, author of Flow: The Psychology of Optimal Experience, describes a state of complete absorption and intense joy. When you’re in a state of flow, you lose track of time as you focus on the task at hand. Other ways that ‘flow’ has been described are being on the ball, in the moment, present, in the zone, wired in, in the groove, or keeping your head in the game.

Dr. Csikszentmihalyi has discovered that actively engaging in a craft about which you’re passionate is one way to achieve flow. Sedentary activities such as watching television don’t bring flow, but painting a landscape may.

How do I get creative?

Find a creative activity you love — something rhythmic and repetitive will also be stress reducing. Enthusiasm for a creative activity keeps you involved, while the rhythmic and repetitive action creates the mind-body benefit. Knitting, sewing, crocheting, woodworking and other rhythmical crafts are great choices. Any creative activity such as singing or creative writing will give benefits.

Set aside time for you – for your creative activity at least every week.

As women we often neglect our own needs, and place the least importance in taking time out for ourselves. Don’t think of creative time as self-indulgence, but a necessity. “View your craft as if it were a medication that you need to take every day for optimal benefit,” says Dr Reiner. “If you stop taking the drug or doing the craft, you’ll lose the benefit.”

“Even if it’s difficult to schedule,” says Gail McMeekin, MSW, author of The 12 Secrets of Highly Creative Women and The Power of Positive Choices, “it’s important to make time for crafts because they allow you to tune into your body and your creativity, to release frustration and tap into your deepest emotions.”

Have your own space for creative activity – even if it is small.

Set up a space in your home for your creative activity. This allows you to take advantage of any spare moments without the hassle of setting up and clearing away. Even a basket of your materials in a handy spot allows you to quickly get into the zone. Finding space that is yours alone is important.
Creation is about the journey.
Remember to enjoy the process without focusing too much on the finished article. The finished product serves to remind you of the fun you had along the way.

Creation is not about being perfect—no-one is.

Giving yourself permission to play, to make a mess; to explore the “what if I…….??” is freeing. The process, the journey of discovering something new is so exciting, that the end result diminishes in importance. Even if the finished product is less than ‘perfect’ it will remind you about the joy of discovery every time you see it.

There are no mistakes in creating, only opportunities.

“Every problem is an opportunity to find a creative solution,” is a statement which I have used often. “When you stop being critical, you allow amazing things to be created.”

Don’t compare yourself to others. Comparing your self or your work to others can freeze your creativity. Remember instead that they are on their own journey while you are discovering your own creative solutions. In art school I was amazed at how 20 people in the room drawing the same jug and plate of fruit can end up with 20 totally different results. None were more right than any other, they were just 20 different interpretations or creative solutions. If you do your craft for yourself and yourself alone, you’ll have fun—and you’ll reap the healing benefits for your body, mind and soul.

Take a class or join a group. One of the major benefits of creativity is that there are lots of classes to learn more about it and they also offer lots of opportunities for socializing. Both are important, as aging studies show life-long learning and having a strong social network are vital to having a happy, healthy old age.

“Countless studies show that socializing with others is an effective way to release stress,” says Dr. Reiner. “We are social animals and we need to interact with other people to stay healthy.”

You can also be inspired by others, be able to share your knowledge with people, and receive suggestions for creative problems that have you stuck. Just always remember that it is your project, and feel free to accept or reject any suggestions that are offered. The work of others can inspire you, and often give you new ideas to try for yourself.

The Women’s Centre craft group meets every Friday from 1pm to 3.30pm except during school holidays.
Come and have fun (and perhaps improve your wellbeing as well).

Sari
Resource Development Worker (and Craft Group Facilitator)

Nancy Monson, Reap the benefits of crafting


Beth Baker, Studies suggest there’s an art to getting older, The Washington Post, March 11, 2008

Nancy Monson, Creativity cracks the aging code
http://www.Jewishjournal.Com/50_plus/article/creativity_cracks_the_aging_code_20100323/

Amy Jane, Knitting for better health: the benefits
http://hubpages.Com/hub/knitting-for-better-health

Maddy Cranley, Yarn in your medicine cabinet?


**Sexual Violence Awareness Month**

**isay who, isay when, sexual violence has to end**

Monday 3rd October is the commencement of Sexual Violence Awareness Month, and to launch the month there will be a pancake breakfast held in the forecourt of The Women’s Centre from 8am – 9am.

There will be entertainment, guest speakers, merchandise for sale, and raffle prizes.

During October, training will again be on offer to community service workers in Townsville, Ayr, Ingham and Charters Towers about the long term effects of Child Sexual Assault. The following page contains an enrolment form. A full day training will be offered at James Cook University for Community Workers and James Cook University Students on Best Practice guidelines for responding to Adult Survivors of Childhood Sexual Assault. Dates and times are yet to be finalised, but expressions of interest are invited from all who are interested. Please email Belinda (belinda@thewomenscentre.org.au) to be notified of times and dates as soon as these are available.

If you visit Townsville General Hospital during the last 2 weeks in October, check out our display on the hospital wall. This display is created by the Sexual Assault Regional Response Group (SARRG) which consists of workers from The Women’s Centre, Queensland Police, Sexual Health Services, Forensic Medical Services, and Victims Assist, and aims to create awareness of sexual violence in our community.

Sexual Violence Awareness Month culminates in the annual ‘Reclaim the Night’ march on Friday 28th October 2011. RTN will once again be held at Strand Park and there will be speakers, entertainment and food, followed by a women-only march against sexual violence with men invited to stand on the sidelines and show their support.

Business, government and community are invited to come together and march with banners that say ‘NO to sexual violence’. A medium banner (120 x 76cm) will be $100.

Please contact Cathy@thewomenscentre.org.au to arrange for a banner to be printed.

Further information will be available on our website closer to October, or contact Casey or Belinda at The Women’s Centre on 4775 7555.
Long Term Effects of Child Sexual Assault
Best practice guidelines for working with Adult survivors of Childhood sexual assault

The session will cover:
What is child sexual assault
Grooming
Effects
Myths and facts
Responding to disclosures from children
Impacts continuing into Adulthood
Best practice issues when working with adult survivors
Referrals

For more information
Please contact:

Belinda Vincent
Sexual Assault Counsellor
Women’s Centre
ph 4775 7555
Fax: 4779 2959
e-mail: belinda@thewomenscentre.org.au

This training is being offered free of charge
Numbers are limited so register early.

Registration Form

Please register me for the training session in:

☐ Ingham  ☐ Ayr  ☐ Charters Towers

Name: __________________________________________

Organisation where I work: __________________________________________

Contact Phone Number: __________________________________________

email address: __________________________________________

Where and When?

Ingham
7th October 2011
11.00am - 1 pm
Ingham Community Health

Ayr
11th October 2011
11.00am - 1 pm
Neighbourhood Centre

Charters Towers
17th October 2011
2.00pm - 4.00pm
Neighbourhood Centre

Register by Thursday 29th September 2011

to Register - complete this form
email back to
belinda@thewomenscentre.org.au
or print and fax to:
4779 2959
or post to:
The Women’s Centre
50 Patrick Street
Aitkenvale
Qld 4814
Good Bye to a good friend

It is with great sadness that we farewell Chris Hawthorne who passed away last month.

Chris has been an active member of the Women’s Centre community for many years. Her involvement with the Senior Women’s Support Group, the Reference Group, and as a volunteer, contributed greatly to the quality of the Women’s Centre.

Over the years Chris regularly contributed to the newsletter with interesting articles about women’s lives, and our collective herstory. As a tribute to this amazing woman, we are re-printing an article which appeared in the newsletter of October/November 2005.

Three Women
By Chris Hawthorne

Dr. Constance Napier
13.07.18 – 15.10.94

Connie was born in the West End of London. Her mother was a Belgian refugee who had been sent to the safety of England when the German army entered Belgium. Connie grew up in a wealthy home spending her school holidays in French speaking Belgium.

When she was 16 she developed a lung condition and had a part of her lung removed. Whilst in hospital she became fascinated with the various medical procedures. However, upon her recovery she was apprenticed to one of the haute courtiers in Paris. After a year she decided the world of fashion was not for her and persuaded her father to pay for her to go to medical school in London.

Connie did brilliantly in her medical studies. Because of her bilingual abilities she was one of the medics who treated the allied service men who had escaped back to England from Dunkirk in 1940.

Connie decided to specialise as an Ear Nose & Throat surgeon. During this period she met Bill, an Australian Squadron Leader. At the end of WWII Connie and Bill came to Australia and settled in Melbourne in 1950.

Due to her London experience in ENT surgery she obtained a position with the Royal Victorian Eye & Ear Hospital and was able to perform the latest London surgery in this discipline. Needless to day she met a great deal of opposition from the male Melbourne ENT surgeons - a mere woman performing advanced surgical techniques!

Eventually she became the Head Surgeon at the RVE&EH having to combat male prejudice at all levels as well as staff meetings and administration.

I had the honour of knowing this strong woman for 30 years and assisted her in her private practice for many years.

Connie was still working two days a week three weeks before death from cancer. A dear friend and mentor sadly missed.

Sophie Silberman
21.08.30

As a young child Sophie and her family were forcibly removed from Eastern Poland by the Russians to Siberia in 1939. When Stalin agreed (in 1941)with British PM Winston Churchill that Polish army families could leave and go to Persia (Iran) Sophie, her Mother, Father and two brothers departed on a long and tortuous journey. Her mother died of starvation en route. Eventually they reached East Africa where due to her Father’s ability to speak a little English they were all housed together.

After some years Sophie met a European Kenyan who she married. They had two girls and lived in Kenya at the time of the Mau Mau insurrection. Often Sophie was left alone with her two children at this time of fear.

The marriage broke up and Sophie decided to emigrate to Australia where her father and brothers lived. Sophie arrived in Melbourne with very little money, two young daughters and no skills apart from being able to sew. For years she did piece work earning enough to support herself and her girls.

In those days single mothers received very little government support. Her father died and left her his small cottage in Kew. To supplement her income she took in a lodger, Hans – they married and had a daughter. This marriage has been happy and through frugal living and hard work Sophie’s years of hardship have been overcome. Her daughters and grandchildren have not had to experience the harsh youth that this quiet ‘battler’ has known. Sophie is a very dear friend who I have known for 35 years.

Christina MacKay
31.01.76 – 25.10.24

My maternal grandmother was born in 1876 in South Melbourne of Irish/American parents. She married in 1897 and went to live in Geelong with her lawyer husband Chas. They resided in a beautiful house “Lunan” large enough to give their five children a wonderful home close to the beach. Unfortunately Chas was a gambler and lost the house in a card game. This disaster was in 1914.

Grandma must have been a very strong woman, she insisted any future house must be purchased in her name. Even though of child bearing age and of Irish Catholic background there were no more pregnancies!! Tina also campaigned against conscription in WWI. When her eldest son Bob joined the army his mother was aghast. He was killed at a young age as a result of WWII.

My grandmother died before I was born and I wish I could have known her as I feel she was one of those strong women who tried to assert themselves in a male dominated world. She must have succeeded because a house was purchased in late 1914 with the title being in Grandma’s name. She also must have had private income. There was no divorce and no more children. Women like her paved the way for the grounding of a women’s movement decades later by just standing up for the right to have their voice heard and respected.

Chris Hawthorne
**New Groups**

**Notes from the Garden**

For Today’s Garden group it was just me out in the yard pottering around. I am preparing the soil with dynamic lifter and gradually we will be able to plant our veggie seedlings. Last week a woman joined me for a short while in the garden and made the passionfruit vine her project -she decided to re train it up into the tree next to it and I have noticed gradually that someone has been fixing up the area under the passionfruit vine. First there were a couple of decorative rocks, then some newspaper and now it has some leaves piled up at its base. Someone is looking after the vine. Another nice surprise today was that the smokers table-usually a bit dishevelled had a glass on it with flowers from the garden. Another woman commented “oh I wondered who had been doing the garden.” Slowly, slowly...

We are currently growing some seedlings –basil, flat leaf parsley, tomato, capsicum etc to plant in the veggie garden next to the sweet potato vine. This is why the soil is being prepared. One day it will be nice to use our own veggies for the BBQ. The corner garden near the house was weeded and trimmed today. The cuttings and plants that are there can be utilised by women in small amounts but I encourage them to return with a cutting from their place.

_Amanda_

**Play group**

The Women’s Centre has a play group for preschool aged children and their carers on Wednesday mornings from 9.30 am to 11.30 am.

This is an opportunity for mothers to play with their children in a structured setting, to discuss parenting issues and for mums and children to learn new things in a fun, relaxed space.

Bring your children, and join these groups for lots of fun and laughter.

Morning tea is provided.

For more information

Call the Women’s Centre on 4775 7555

---

**New Service - Homelessness Connect**

Homelessness Connect will provide a weekly service to women at The Women’s Centre every Wednesday from 9:30 until 1:30.

Homelessness Connect can assist women who are homeless or at risk of homelessness as well as provide other support and information about housing issues including

- Bond loans
- Applications for housing
- Tenancies debts

No appointment necessary

**Women’s Centre outreach dates for 2011**

<table>
<thead>
<tr>
<th>Venue</th>
<th>Place</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charters Towers</td>
<td>Charters Towers Neighbourhood Centre</td>
<td>18th</td>
<td>15th</td>
<td>19th</td>
<td>17th</td>
<td>21st</td>
<td>19th</td>
</tr>
<tr>
<td>Ayr</td>
<td>Ayr Neighbourhood Centre</td>
<td>19th</td>
<td>16th</td>
<td>13th</td>
<td>11th</td>
<td>8th</td>
<td>6th</td>
</tr>
<tr>
<td>Ingham</td>
<td>Ingham Hospital Community Health</td>
<td>15th</td>
<td>12th</td>
<td>9th</td>
<td>7th</td>
<td>4th</td>
<td>2nd</td>
</tr>
</tbody>
</table>

Confidential Professional Counselling is available in Charters Towers, Ayr and Ingham on the above dates. If you are interested in talking to a counsellor, please contact Belinda on 4775 7555 or email: belinda@thewomenscentre.org.au
Yoga
Yoga with Meredith has been running at The Women’s Centre since June 2008. This popular group will continue in 2011. Meredith even brings along mats for new-comers to use. Donations are gratefully accepted to keep this activity running. It is held in the back yard under some orchard and mango trees and is a lovely environment in which to practice yoga. Mondays 12 noon to 1 pm except for school holidays.

Senior Women’s Support Group
This group is for women over 50. It is a friendship group with, support, communication and companionship as its core objectives. It is free to attend but some outings may involve a small cost from time to time. Examples of some of the activities of this group are trips to get together for coffee, outings to Pinnacles Gallery and coffee afterwards, guest speakers on a variety of topics from Ikebana to Seniors Legal Info and some weeks simply morning tea and chat. Wednesdays 10.00 am - 12 noon. Transport is available for this group to some areas.
Call Amanda or Mandy on 4775 7555 for more information.

Gardening Group
Nurture yourself in the Garden. Get your hands dirty and grow some great plants on Tuesdays 10.00 - 12.00 pm
Call Amanda for more information on 4775 7555.

Craft Group
Craft, create, chat, coffee. In this group we learn different crafts; exploring various techniques such as découpage, drawing and painting, knitting and crochet, flower arranging, patchwork, mosaics, collage and cross stitch. The activities are suited to beginner and experienced levels, and able to be worked on at your own level. Women can attend every week, or just once in a while. We focus on each activity for a whole month, allowing ample time to complete each project.
All materials are supplied, and the cost is Free, however as always, donations of money or materials is appreciated.
Activities for July and August will involve drawing and leaf rubbings, crochet, mandala’s and jewellery. Sari will be away and during this time and Amanda, Cathy and Di will be facilitating the group in turns. The Craft Group meets on Friday Afternoons from 1 pm to 3.30 pm except for school holidays.
For more information call Sari on 4775 7555 or sari@thewomenscentre.org.au

Playgroup
We have a play group running at the Women’s Centre on Wednesday mornings from 9.30 am - 11.30 am. Mothers are invited to bring their children to play in a safe, supportive environment.

Creating Choices
This group is held on Tuesday mornings from 10.00 am to 12 noon for women who have experienced domestic violence.
The sessions cover topics including:
- What is domestic violence?
- Information on services and safety
- The effects on children and significant others
- Self esteem
- Assertiveness
- Creative expression
- Self care
The sessions will run in a seven week loop. Women can begin to participate in any week, and continue until all topics are covered.
For more information call Vicki on 4775 7555 or Email: vicki@thewomenscentre.org.au

Balancing Life
The topics that are discussed include Stress management and relaxation, healthy relationships, communication skills, assertiveness, self esteem, problem solving and goal setting. These topics can vary depending on women’s requests and current needs. Mondays 10.30 am – 12.00 pm.
All women welcome.

Meets each Wednesday
10 am to 12 noon
For activities and social interaction
Transport is available to some areas
Call Amanda for more information on 4775 7555

www.thewomenscentre.org.au

The Women’s Centre 07 4775 7555
Every mobile phone donated for recycling helps raise funds for The Women’s Centre to provide community services for women, and protects the environment from hazardous waste going to landfill.

Your nearest collection box is:

The Women’s Centre
50 Patrick Street
Aitkenvale
ph 4775 7555

Creating Choices
Creating Choices
A group for women who have experienced domestic violence

Tuesdays
10 am - 12 noon

Morning Tea provided

Topics Covered in this 7 week programme are:
What is Domestic Violence?
Information, Services and safety plans
Domestic Violence and the effects on children and significant others
Self esteem
Assertiveness
Healing through creative expression
Self Care

FREE legal help

A team of volunteer female lawyers will provide confidential respectful assistance

every
wednesday
2.00pm - 3.00pm at
The Women’s Centre
50 Patrick St Aitkenvale

For appointment phone
4775 7555

A project of
Queensland Public Interest Law Clearing House

HOMELESS PERSONS’ LEGAL CLINIC

for assistance with:
DEBT
HOUSING
CENTRELINK
GUARDIANSHIP
TICA

Send the message
donate your old mobiles

Donating your old mobile phones helps The Women’s Centre to reach out to women and children in distress.

Creating Choices
Creating Choices
A group for women who have experienced domestic violence

Tuesdays
10 am - 12 noon

Morning Tea provided

Topics Covered in this 7 week programme are:
What is Domestic Violence?
Information, Services and safety plans
Domestic Violence and the effects on children and significant others
Self esteem
Assertiveness
Healing through creative expression
Self Care

FREE legal help

A team of volunteer female lawyers will provide confidential respectful assistance

every
wednesday
2.00pm - 3.00pm at
The Women’s Centre
50 Patrick St Aitkenvale

For appointment phone
4775 7555

A project of
Queensland Public Interest Law Clearing House

HOMELESS PERSONS’ LEGAL CLINIC

for assistance with:
DEBT
HOUSING
CENTRELINK
GUARDIANSHIP
TICA

Send the message
donate your old mobiles

Donating your old mobile phones helps The Women’s Centre to reach out to women and children in distress.
Craft Group
Meets Every Friday
1.00 pm - 3.30pm
(except School holidays)

Where: The Women’s Centre
50 Patrick Street
Aitkenvale
Phone 4775 7555
for more information

Free BBQ Lunch
The 1st Friday of each month
join us
for a healthy
and
delicious
BBQ lunch
from
12 noon - 1 pm

Yoga
Yoga with Meredith is held in the garden
Mondays 12.00 - 1.00pm
Bring a towel and wear comfortable clothing
please note - no yoga during school holidays
This program is free, however, donations are gladly received so we can
continue to offer this popular activity.

Women united in voice
Wednesdays
1.30 - 2.30

Computer Room
The Centre has computers available for use by women.
Book in at
reception to use the
computers for
internet access,
or writing your
resume, etc..

Gardening Group
Tuesdays 10.00am - 12.00noon
### Women’s Centre Calendar

**July 2011**

**Monday**
- **10.00 - 12.00** Gardening Group

**Tuesday**
- **10.00 - 12.00** Women Beyond 2000
- **12.00 - 1.00** Healthy BBQ Lunch

**Wednesday**
- **10.00 - 12.00** Aboriginal Painting Workshop

**Thursday**
- **10.00 - 12.00** Survivors of Sexual Assault Group

**Friday**
- **10.00 - 12.00** Women Beyond 2000

**NB. All activities are correct at time of printing but may change subject to circumstance**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.30 - 12.00</td>
<td>10.00 - 12.00</td>
<td>9.30 - 1:30</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td>Balancing Life</td>
<td>Creating Choices</td>
<td>Homelessness Connect</td>
<td>Survivors of Sexual Assault Group</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>12.00 - 1.00</td>
<td>10.00 - 12.00</td>
<td>9.30 - 11.30</td>
<td>10.00 - 11.30</td>
<td>1.00 - 3.30</td>
</tr>
<tr>
<td>Yoga</td>
<td>Gardening Group</td>
<td>Playgroup</td>
<td>Playgroup</td>
<td>Craft Group</td>
</tr>
<tr>
<td>8</td>
<td>10.00 - 12.00</td>
<td>9.30 - 1:30</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td>Balancing Life</td>
<td>Creating Choices</td>
<td>Homelessness Connect</td>
<td>Survivors of Sexual Assault Group</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>12.00 - 1.00</td>
<td>10.00 - 12.00</td>
<td>9.30 - 11.30</td>
<td>10.00 - 11.30</td>
<td>1.00 - 3.30</td>
</tr>
<tr>
<td>Yoga</td>
<td>Gardening Group</td>
<td>Playgroup</td>
<td>Playgroup</td>
<td>Craft Group</td>
</tr>
<tr>
<td>15</td>
<td>10.00 - 12.00</td>
<td>9.30 - 1:30</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td>Balancing Life</td>
<td>Creating Choices</td>
<td>Homelessness Connect</td>
<td>Survivors of Sexual Assault Group</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>12.00 - 1.00</td>
<td>10.00 - 12.00</td>
<td>9.30 - 11.30</td>
<td>10.00 - 11.30</td>
<td>1.00 - 3.30</td>
</tr>
<tr>
<td>Yoga</td>
<td>Gardening Group</td>
<td>Playgroup</td>
<td>Playgroup</td>
<td>Craft Group</td>
</tr>
<tr>
<td>22</td>
<td>10.00 - 12.30</td>
<td>9.30 - 1:30</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td>Balancing Life</td>
<td>Creating Choices</td>
<td>Homelessness Connect</td>
<td>Survivors of Sexual Assault Group</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>1.00 - 3.30</td>
<td>10.00 - 12.00</td>
<td>9.30 - 11.30</td>
<td>1.00 - 3.30</td>
<td>Craft Group</td>
</tr>
<tr>
<td>Gardening Group</td>
<td>12.30 - 2.30</td>
<td>Senior Women's Support Group</td>
<td>Senior Women's Support Group</td>
<td>12.00 - 1.00</td>
</tr>
<tr>
<td>2.00pm - 3.00pm</td>
<td>Singing and Music Group</td>
<td>Singing and Music Group</td>
<td>Singing and Music Group</td>
<td>Yoga</td>
</tr>
<tr>
<td>Homelessness Legal Clinic</td>
<td>2.00pm - 3.00pm</td>
<td>Homelessness Legal Clinic</td>
<td>Homelessness Legal Clinic</td>
<td></td>
</tr>
</tbody>
</table>

All Women's Centre activities are FREE, however, donations are gratefully received.

The Women's Centre
50 Patrick Street
Aitkenvale
phone 4775 7555
www.thewomenscentre.org.au
email: nqcws@thewomenscentre.org.au

NB. All activities are correct at time of printing but may change subject to circumstance.
## Women's Centre Calendar

**September 2011**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.30 - 12.00</td>
<td>10.00 - 12.00</td>
<td>9:30 - 1:30</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td>Balancing Life</td>
<td>Creating Choices</td>
<td>Homelessness Connect</td>
<td>Survivors of Sexual Assault Group</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>12.00 - 1.00</td>
<td>10.00 - 12.00</td>
<td>9.30 - 11.30</td>
<td>12.45 - 5.00</td>
<td>12.00 - 1.00</td>
</tr>
<tr>
<td>Yoga</td>
<td>Gardening Group</td>
<td>Playgroup</td>
<td>Women's Centre closed</td>
<td>Healthy BBQ Lunch</td>
</tr>
<tr>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td>Gardening Group</td>
<td>Creating Choices</td>
<td>Senior Women's Support Group</td>
<td>Survivors of Sexual Assault Group</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>10.00 - 12.00</td>
<td>12.30 - 2.30</td>
<td>12.30 - 2.30</td>
<td>12.45 - 5.00</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>Homelessness Legal Clinic</td>
<td>Singing and Music Group</td>
<td>Singing and Music Group</td>
<td>Women's Centre closed</td>
<td>Craft Group</td>
</tr>
<tr>
<td>2.00 pm - 3.00 pm</td>
<td>2.00 pm - 3.00 pm</td>
<td>2.00 pm - 3.00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12.00 - 1.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Healthy BBQ Lunch</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10.00 - 3.30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Craft Group</td>
</tr>
<tr>
<td>10.30 - 12.00</td>
<td>10.00 - 12.00</td>
<td>9:30 - 1:30</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td>Balancing Life</td>
<td>Gardening Group</td>
<td>Homelessness Connect</td>
<td>Survivors of Sexual Assault Group</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>12.00 - 1.00</td>
<td>10.00 - 12.00</td>
<td>9.30 - 11.30</td>
<td>12.45 - 5.00</td>
<td>12.00 - 1.00</td>
</tr>
<tr>
<td>Yoga</td>
<td>Gardening Group</td>
<td>Playgroup</td>
<td>Women's Centre closed</td>
<td>Healthy BBQ Lunch</td>
</tr>
<tr>
<td>10.00 - 12.00</td>
<td>12.30 - 2.30</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td>Gardening Group</td>
<td>Senior Women's Support Group</td>
<td>Survivors of Sexual Assault Group</td>
<td>Women Beyond 2000</td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td>10.00 - 12.00</td>
<td>12.30 - 2.30</td>
<td>12.45 - 5.00</td>
<td>Women Beyond 2000</td>
<td>Craft Group</td>
</tr>
<tr>
<td>Homelessness Legal Clinic</td>
<td>Singing and Music Group</td>
<td>Women’s Centre closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.00 pm - 3.00 pm</td>
<td>2.00 pm - 3.00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10.00 - 12.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Women Beyond 2000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12.00 - 1.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Healthy BBQ Lunch</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10.00 - 3.30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Craft Group</td>
</tr>
</tbody>
</table>

School Holidays

19 20 21 22 23 24 25 26 27 28 29 30

---

All Women’s Centre activities are FREE, however, donations are gratefully received.

NB. All activities are correct at the time of printing but may change subject to circumstance.
# Groups at the Women’s Centre

## July August September 2011

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Balancing Life</strong>&lt;br&gt;10.30 - 12.00&lt;br&gt;Topics covered include:&lt;br&gt;- Stress management and relaxation&lt;br&gt;- Healthy Relationships&lt;br&gt;- Good Communication&lt;br&gt;- Conflict resolution&lt;br&gt;- Assertiveness&lt;br&gt;- Self Esteem&lt;br&gt;- Problem Solving&lt;br&gt;- Goal setting</td>
<td>Creating Choices&lt;br&gt;10.00 - 12.00&lt;br&gt;for women who have experienced Domestic violence&lt;br&gt;topics covered are:&lt;br&gt;- What is Domestic Violence?&lt;br&gt;- Information, services &amp; safety plans&lt;br&gt;- Domestic violence &amp; the effects on children &amp; significant others&lt;br&gt;- Self Esteem&lt;br&gt;- Assertiveness&lt;br&gt;- Healing through creative expression&lt;br&gt;- Self care</td>
<td>Playgroup -&lt;br&gt;Playgroup Association Queensland&lt;br&gt;9.30 - 11.30</td>
<td>Survivors of Sexual Assault Group&lt;br&gt;10.00 - 12.00&lt;br&gt;To register for this group please call Belinda or Casey on 4775 7555</td>
<td>Women Beyond 2000&lt;br&gt;10.00 - 12.00&lt;br&gt;Closed Group through University of the Third Age</td>
</tr>
<tr>
<td>Yoga&lt;br&gt;12.00 - 1.15&lt;br&gt;Bring your own towel and water bottle, mats are provided</td>
<td></td>
<td>Senior Women’s Support Group&lt;br&gt;10.00 - 12.00&lt;br&gt;For women over 50&lt;br&gt;transport available to some areas</td>
<td></td>
<td>Barbecue Lunch&lt;br&gt;The First Friday of every month&lt;br&gt;12.00 - 1.00</td>
</tr>
<tr>
<td>Gardening Group&lt;br&gt;10.00 - 12.00</td>
<td></td>
<td>Singing Group&lt;br&gt;12.30 - 2.30 June - November</td>
<td></td>
<td>Craft Group&lt;br&gt;1.00 - 3.30</td>
</tr>
<tr>
<td><strong>Yoga</strong>&lt;br&gt;12.00 - 1.15</td>
<td></td>
<td><strong>Singing Group</strong>&lt;br&gt;12.30 - 2.30 June - November</td>
<td></td>
<td><strong>Homelessness Legal Clinic</strong>&lt;br&gt;every Wednesday 2.00 - 3.00&lt;br&gt;Free Legal Advice</td>
</tr>
<tr>
<td><strong>Homelessness Connect</strong>&lt;br&gt;every Wednesday 9.30 - 1.30&lt;br&gt;Help with housing</td>
<td></td>
<td><strong>Homelessness Legal Clinic</strong>&lt;br&gt;every Wednesday 2.00 - 3.00&lt;br&gt;Help with housing</td>
<td></td>
<td><strong>Craft Group</strong>&lt;br&gt;1.00 - 3.30</td>
</tr>
</tbody>
</table>

---

*All groups are FREE of Charge*

For more information please contact The Women’s Centre on 4775 7555

Groups are held at: 50 Patrick Street Aitkenvale

unless otherwise specified. Please note groups do not run through school holidays.