



About Us

Fremantle Women's Health Centre is a not-for-profit community health centre for women living and working in the south west metropolitan region.

We provide a range of clinical, preventive and health promotion services and resources in the area of women's health.

Staff and facilitators are experienced, caring, female health professionals – doctors, nurses, physiotherapist, counsellors, group facilitators and health educators.

We are committed to providing high quality services and up-to-date health information.

Our services and resources are for women of all ages and cultures. We respect your individuality and cultural background, and encourage you to become equal and active partners in your health care.

We rely on your support to enhance the availability and quality of services and resources at the Centre.



Health Resources

- A wealth of up-to-date pamphlets on a variety of women's health issues
- A wide range of books and some DVDs for loan

Opening Hours

Monday - Thursday 8.30am - 4.30pm

Contact Details

114 South Street,
Fremantle (Corner Edmund Street)
PO Box 8014
Hilton WA 6163

P 9431 0500

F 9430 7862

enquiries@fwhc.org.au

www.fwhc.org.au

FWHC Fees

An annual FWHC Support Fee is applicable to women accessing our services: Waged \$30 / Pension and Health Care Card holders \$15.

Other fees are charged for some services and groups. Ask at reception when booking appointments and registering for groups.

Donations are greatly appreciated. Donations over \$2 are tax deductible.



FREMANTLE WOMEN'S
HEALTH CENTRE

Services & Resources for Women's Health & Wellbeing



Medical

FWHC provides treatment, advice and health information by female doctors and nurses on a range of women's health issues including: pap smears; breast screening; contraception; sexually transmitted diseases; menstrual problems; pregnancy; menopause; antenatal and postnatal care; mental health issues and much more.



The medical services provided at FWHC are bulk-billed for Pensioners and Health Care Card Holders. It is therefore essential that you bring your Medicare card and Pensioner/Health Care Card with you to your appointment. The service is available from Monday - Thursday. Appointments are essential.

Clinical Nurses provide a confidential free telephone information and advice service on a variety of women's health issues. Test results: clients will be notified only when test results require further consultation.

Caring, Supportive & Respectful

Counselling

Perinatal

FWHC provides individual counselling for women experiencing depression, anxiety and /or stress while they are pregnant and after the birth of their child.

General

Individual counselling is available for women experiencing difficulties across a wide range of issues including: stress; bereavement and loss; depression; anxiety; trauma; relationships and family crises; parenting concerns; low self-esteem;



domestic violence and much more.

Individual counselling can also help you to discover your true potential, to gain confidence and to help you to develop skills to create positive change in your life.

Appointments for all counselling are essential.

Confidential, Safe & Empowering

Counselling Groups

The counselling service currently facilitates an ongoing support group for women with postnatal depression and anxiety. Counsellors periodically facilitate other group activities.

Physiotherapy

Physiotherapy services are provided one day per week by a physiotherapist employed by Fremantle Hospital. She specialises in continence and women's health physiotherapy. This includes antenatal and postnatal care for those women compromised by childbirth and/or child bearing. Appointments are essential.

Interpreter Service

Arrangements can be made for trained interpreters to be available to assist women who speak languages other than English. It is essential to let reception know that an interpreter is needed when an appointment is made.

Child Minding

A crèche is available for pre-school children of women participating in some of the



groups that are run at the Centre. Child minding is available for appointments with doctors, nurses and counsellors on Tuesday mornings.

Groups

Groups, workshops and presentations are provided to promote women's health and wellbeing. A range of therapeutic, support, exercise, self-help, educational and social groups are available. Some are ongoing

groups that can be joined at any time, others are short-term and run as required. FWHC also has regular health promotion events on different health issues.



Ongoing Groups

Postnatal Support Group:

Wednesday 10.00am-12 noon

Over-eaters Anonymous:

Wednesdays 7.30 pm, Sundays 9.30 am

Wise Women's over 50's Exercise:

Thursdays 2.00-3.00pm

Portuguese Women's Support:

Thursdays 2.00-4.00pm

Short Term Groups

Positive Parenting Program: Twice yearly

Love Your Body Program: Periodically on Thursday evenings

Massage courses: Various dates on Sunday afternoons

And More...

Check our website at www.fwhc.org.au for current short-term groups and health promotion events.

