

## 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 prevention and treatment services and resources in the area of women's health as well as health education and promotion. These include medical, nursing, counselling, health information and education, group activities, with a crèche facility available for some groups and appointments.

Our services are provided by experienced, caring, health professional, and health educator women.

We are committed to providing high quality health care.

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

## Support Us

We aim to make our services available at low-cost and we appreciate the support of our community to enhance the quality and availability of our services and resources. We are grateful to our supporters. As a registered charity, your donations would be greatly appreciated and help us to make our services accessible and available to others who need healthcare. Donations over \$2 are tax deductible. Please consider helping us to support others to enjoy better health.

## Opening Hours

Monday-Friday  
8:30am - 4:30pm

## Contact Details

P: 9431 0500

F: 9430 7862

PO Box 8014, Hilton WA 6163

[enquiries@fwhc.org.au](mailto:enquiries@fwhc.org.au)

[www.fwhc.org.au](http://www.fwhc.org.au)

[www.facebook.com/FremantleWomensHealthCentre](https://www.facebook.com/FremantleWomensHealthCentre)

## Support Fees

An annual Support Fee is applicable to women accessing our services: \$40 (Concession \$15). The Support Fee gives you access to our curated library, yoga classes, and some groups, and your first appointment will be free. Additional fees are charged for some services and groups, however we are committed to being a low-cost centre and have concessions for people experiencing financial hardship or challenging circumstances. Please speak with our Receptionists when booking appointments and registering for groups about fees, or let your Doctor, Counsellor, or Nurse know if you have concerns.

Please bring your Medicare card, Pensioner, Student / Concession, or Health Care Card with you to your appointment.



## Supporting and Improving Women's Health and Wellbeing

114 South Street,  
(Corner Edmund Street) Fremantle



Fremantle Women's Health Centre is known as a warm and welcoming space to access appropriate health and wellbeing services. Our medical and counselling services are inclusive as we extend that welcome to culturally and linguistically diverse, Aboriginal and/or Torres Strait Islander Australian, lesbian, bisexual, transgender, and intersex members of our community.



## Medical

Our doctors provide treatment, screening, advice and information on a range of women's health issues which include: breast examinations; contraception; sexual health; sexually transmitted infections; menstrual problems; cervical screening; pregnancy; menopause; antenatal and postnatal care; mental health issues; unplanned pregnancy management; medical termination; and much more.

Doctors' appointments are available Monday-Friday. Their services are bulk-billed for Pensioners and Health Care Card holders.

## Nursing

Clinical Nurses provide well-women's checks, cervical cancer screening, sexually transmitted infection (STI) screening (no appointment required), health information and advice in person, and can also provide information and advice over the phone on a variety of women's health issues.

Please check the website or call reception for times and availability of nurses.

## Counselling

### Perinatal

We provide counselling for women experiencing depression, anxiety, and stress, while they are pregnant, and after the birth of a child.

### General

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

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

Appointments for counselling are essential. Please check the website or call reception for times and availability of counselling and group times.

## Counselling Groups

The counselling service facilitates ongoing therapeutic support groups for women with perinatal depression and anxiety. Counsellors periodically facilitate specialist outreach support groups and other therapeutic groups. Further information can be found on the website or from speaking with our receptionists.

## Child Minding

A crèche is available for pre-school aged children of clients participating in some of the groups that are run at the Centre. Child minding is also available for appointments with doctors, nurse, and counsellors on Thursday mornings.



## Groups

Groups, workshops, and presentations are provided to support and enhance women's health and wellbeing and educate our clients in how they can be active partners in their own health. A range of therapeutic, support, exercise, self-help, education, and social groups are available.

Check our website, Facebook page, or monthly newsletter for more information about current short-term groups, ongoing groups, and the latest health education and promotion events. We run events at the Centre as well as at other locations.

## Interpreter Service

Arrangements can be made for trained interpreters to assist clients who speak languages other than English to attend appointments. Please let reception know that an interpreter is needed at the time of booking an appointment.

## Other Services

### Continence Advice

A continence nurse is available on Mondays to advise on managing and improving symptoms of incontinence. This is a free service provided by Silver Chain, with a GP referral. Phone 1300 787 055 for an appointment.

### Counselling for Carers

Counselling for carers is available on Tuesdays and is provided by Carers WA. Phone 1300 227 377 for an appointment.