

4th Term 2023 Activities at Fremantle Women's Health Centre

114 South St, Fremantle

Phone: 9431 0500

E-mail: enquiries@fwhc.org.au

Website: www.fwhc.org.au

Monday	Tuesday	Wednesday	Thursday	Friday
Walk-in STI Screening Clinic Morning and afternoon	Doctors' appointments Morning and afternoon	Doctors' appointments Morning	Doctors' appointments Morning	Doctors' appointments Morning
General and perinatal counselling	Walk-in STI Screening Clinic Morning and afternoon	Walk-in STI Screening Clinic Morning	Walk-in STI Screening Clinic Morning	Walk-in STI Screening Clinic Morning
Community Connector Mornings and afternoon	General and perinatal counselling	General and perinatal counselling	General and perinatal counselling	Sunflower Group – perinatal supported playgroup for mothers and children 3 and under (all term) 10am – 12noon
CarersWA counselling Morning and afternoon	Well Women Group (Palmerston) 9am – 10.30am (all term)	Community Connector Mornings and afternoons	Mother Baby Nurture group, 11am – 1pm (all term)	Women's Legal Service (once a month)
Nurse Wellness Clinic Morning and afternoon		Nurse Wellness Clinic Afternoon	Nurse Wellness Clinic Afternoon	Nurse Wellness Clinic Afternoon
		Circle of Security 10:15 am to 12:15 pm (all term)		
		Creche available		

Open Monday – Friday 8:30am to 4:30pm

Doctors are available by appointment Tuesday to Friday for women's health & mental health issues.

Please Turn Over

Counsellors are available Monday to Friday by appointment. They provide individual perinatal counselling for women experiencing antenatal and postnatal depression, anxiety, and/or stress. They also provide general counselling for issues such as depression, anxiety, stress, loss, bereavement, trauma, work, relationships, family crises, parenting, low self-esteem and more.

Walk-in Screening Clinic with a nurse for Sexually Transmitted Infections (STIs) available Monday to Friday mornings

A crèche is available Wednesday mornings. Please book with reception.

Carers WA counselling: Monday morning & afternoon, by appointment. Contact Carers WA at 1300 227 377 to book or for more information. Counselling is for carers who provide unpaid care for a family member or friend who has a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue, or who is frail aged.

Circle of Security (COS): 8 week program. As parents at times we feel lost or unclear about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting Program is based on decades of research about how secure parent-child relationships can be supported and strengthened. To register call 9431-0500.

Community Connector: Monday and Wednesdays Our Community Connector can offer you a holistic and integrated assessment. She will work with you on the issues that matter including assisting you with advocacy and connecting you to services you need.

Mother Baby Nurture support group: Thursdays, 11am -- 1pm. A 10-week, postnatal support group, during school term, facilitated by professionals with expertise in Infant-Parent relationships through Playgroup WA. Contact PlayGroup WA at 1800 171 882 or email motherbabynurture@playgroupwa.com.au to book or for more information.

Sunflower Group Fridays 10am – 12noon (during school term) supported play group for multicultural mothers and children 3 years and under. A safe, caring group to make connections and learn together.

WELL Women Tuesday Mornings 9am – 10.30am Term 4, 2023 A safe supportive group to make connections with a support network, develop healthy coping strategies, improve situations/life challenges, client-centred, delivery by qualified counsellor (Palmerston).

Women's Legal Service – held at FWHC by appointment on Fridays (once a month)