WOMEN'S Healthworks

Responding holistically to the mental, physical, spiritual, social and emotional health needs of women in the northern suburbs.

Information & Referral Services

- Resource Manuals
- References and referral lists
- Fact Sheets

Self Help Groups

- Eating Disorders
  - Anorexia & Bulimia Nervosa
  - Binge Eating/Compulsive Overeating
  - Step Down Group

Social & Support Groups

- Walking Groups (indoors & outdoors)
- Craft Group
- Volunteers
- Pain Management Group

Medical Clinics

- Female doctors
- Women's Clinic Nurse

Community Development

- Collaboration & Partnerships
- Eating Disorders Program
  - Body Esteem Program
- Drug and Alcohol
  - The Village Project
- Physical & Mental Health
  - Stepping It Out Program

Counselling

- Psychologist
- Students (under supervision)

Complementary Health

- Reflexology
- Naturopathy

Health Promotion/Education & Publications

- Educational Displays
- Community Presentations
- Workshops/courses/forums
- Women's Health News
- WHW Website

Courses/Workshops/Forums

covering a range of topics including:

- Tai Chi (ongoing)
- Relaxation and Meditation
- Naturopathy
- Nutrition
- Menopause, HRT & the Alternatives
- Eating Disorders

Satellite Services

- SARC
- Private Counsellors