

Centre for Women's Health

Funded by Sydney South West Area Health Service



The Centre for Women's Health works with women living in Macarthur to gain the confidence, skills and resources to create positive futures for themselves, their children, and their communities.

We offer a range of holistic services to improve the health and wellbeing of women in their mid to older years, Aboriginal women, and women affected by domestic & family violence.

Intake Service - provides an initial response to all telephone & in person enquires from women & community members. Offers counselling & support, information & referral. No appointments required, Monday to Fridays 9am to 5pm.

Aboriginal Women's Health Service - provides counselling, advocacy, groups, information & support to Aboriginal women in Macarthur. Outreach service in Wollondilly & Macquarie Fields fortnightly.

Mid to Older Women's Health Service - provides counselling, groups, information & advocacy for women aged 45+. Complementary therapies Naturopathy & Massage available for women aged 45+ & Aboriginal women 35+. Fees apply for massage, herbal remedies & supplements. Outreach mature women's wellbeing group in Wollondilly.

Domestic Violence Service - provides counselling, groups, information & advocacy for women affected by domestic violence.

Outreach service available fortnightly in Camden, Wollondilly & Macquarie Fields.

Staying Home Leaving Violence - provides a comprehensive support service for women living in Campbelltown LGA, to separate from a violent relationship and remain safely in their own home, with the violent person excluded or removed from the home.

Kids Create Tomorrow project - creative expressions group program for mothers & children aged 5-12 years, to strengthen their relationship after domestic violence.

Children's Service - provides a child-focused learning space for children accompanying women accessing services at the Centre. Offers individual support & groups for mothers & their children to strengthen relationships.

Well Women's Clinic - free & confidential clinic by Women's Health Nurse for pap tests, breast checks, pregnancy tests, postnatal checks, Chlamydia screening, menopause and other women's health related issues & information. Available monthly.

Cyber Corner - free internet access & computer use for women.

Free Legal Advice - offered by solicitors from Marsden's Law Group & Macarthur Legal Centre on Wednesdays 12pm - 2pm. Appointments essential.

Services are free of cost, except complementary therapies.

For appointments, please phone
Intake Service on 1800 077 760 (free local & mobile calls).

Our group program is available from Reception.

Centre for Women's Health, 288 Queen Street, Campbelltown. Phone: 4633 3777 (Reception)
www.bensoc.org.au