

Centre for Women's, Children's and Family Health

288 Queen Street, Campbelltown



We support women in the Macarthur area to gain confidence, skills and resources to create positive futures for themselves, their children and their communities.

Our services promote the health, wellbeing and welfare of women across the life span, with a focus on supporting women and children affected by domestic and family violence, as well as Aboriginal and Torres Strait Islander women.

We offer:

- ❖ **Crisis support and intervention:** Call or drop in (no appointment needed).
- ❖ **Counselling:** Support for women to recover and heal from the effects of violence, child sexual assault, social isolation, life stage transitions and ageing, health issues, grief and loss, and more.
- ❖ **Groups and Education:** Groups run by school term, get in touch with us for more information.
- ❖ **Advocacy, information and referral:** We support women to make informed decisions and take control of their lives by providing advocacy, information and where helpful, referral to other services.
- ❖ **Case management:** Support for women living in Campbelltown LGA, who have left a violent relationship and wish to remain safely in their own home (via Staying Home Leaving Violence Program).
- ❖ **Child & Family services:** Individual counselling, family therapy, education and group services are child-focused and support families to strengthen relationships and improve mental health outcomes (with a focus on healing from the effects domestic violence).
- ❖ **Safe and accessible services:**
 - CYBER CORNER (free internet access and computer use for women)
 - WOMEN'S ONLY SPACE available
 - Book our therapeutic CHILDCARE SERVICES when you use our services
 - Let us know if you need an interpreter
- ❖ **Access to other free services (appointments essential):**
 - WOMEN'S HEALTH CHECKS (health checks, papsmears, breast checks, and more)
 - ANTE-NATAL CLINIC
 - FREE LEGAL ADVICE (solicitors from Marsden's Law Group and Macarthur Legal Centre)
- ❖ **Training and community education:** to service providers and community partners
- ❖ **Post Adoption Resource Centre (PARC):** post adoption intermediary, counselling and support services

If you are experiencing domestic or family violence, we can help. Whether you are preparing to leave violence, have already left but need help to get back on your feet or are now safe and wish to heal from the long-term negative effects of this abuse – call us.

To find out more or make an appointment, please phone us on 1800 077 760 (free call).

We acknowledge the traditional custodians of this land, the Dharawal people, and pay our respects to Elders both past and present.

Centre for Women's, Children's & Family Health Phone: 4633 3700 (Reception) www.benevolent.org.au

Funded by South Western Sydney Local Health District (SWSLHD); Department of Family and Community Services; and Australian Federal Government.

V5 updated: 03.06.2015