

OUR SERVICE IS ...

Open to all women, regardless of race, income, sexual preference or age.

Conducted in a supportive and friendly environment, by women who are professionally qualified.

Affordable to all. Fees are not charged for services but donations are welcomed.

Open to women who speak a language other than English, through bi-lingual staff, [usually Arabic speaking]. or health care interpreters, or deaf sign interpretation.

A resource providing information and support on issues such as:

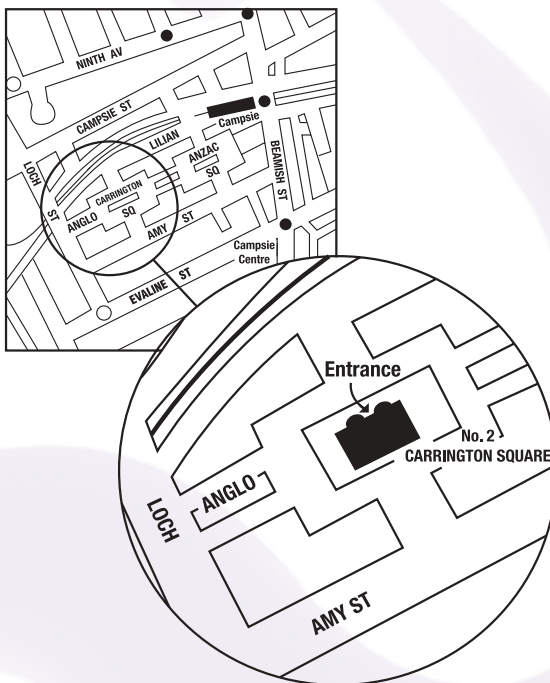
- Domestic Violence
- Sexual Assault
- Child Abuse
- Trauma
- Alcohol and Other Drugs
- Gambling
- Depression
- Grief
- Self Esteem

Wheelchair Accessible

Accessible to occasional childcare on the premises.

HOW TO FIND US

We are located just 5 minutes walk from Campsie Railway Station, at 2 Carrington Square, Campsie, [front entrance].



Local bus services:

400, 412, 413, 487, 492, 494



Trains run to Campsie station [Blacktown line] until 10.00pm on weekdays.



Bus route 400 is accessible for people with disabilities.



SYDNEY WOMEN'S COUNSELLING CENTRE

2 CARRINGTON SQUARE
Post 4/2 Carrington Square
Campsie NSW 2194

Ph: 02 9718 1955

Fax: 02 9718 7072

TTY: 02 9718 8807

Email: help@womenscounselling.com.au

Web: www.womenscounselling.com.au

Southern Sydney Women's Therapy Centre Inc.
Funded by NSW Health Department

A CENTRE FOR WOMEN

Sydney Women's Counselling Centre is a service for women, providing:

- counselling
- information
- groups
- support

We are committed to providing a service which supports the psychological and emotional well-being of women, recognising the social, environmental, economic, physical and cultural factors which affect women's health.

We value women's own knowledge and skills, and their right to a service which provides for privacy, informed consent, confidentiality and safety.

Appointments are necessary

Please contact us on:

Ph [02] 9718 1955

TTY [02] 9718 8807

ONE-TO-ONE COUNSELLING

We offer counselling on a wide range of issues which affect women's well-being such as:

- depression
- grief and bereavement
- sexual assault
- domestic violence
- childhood sexual or other abuse
- self esteem
- alcohol or other drug use
- gambling

Our service includes assisting women to minimise the harmful consequences of substance use or gambling arising from either their own participation or that of someone close to them. We also support women dealing with the effects of abuse, trauma, loss or discrimination in their lives.

Counselling for Women by Women

GROUPS

Therapeutic and educational groups are run periodically for women who have similar needs. Groups run by Centre staff include:

- women who are survivors of domestic violence and sexual abuse
- art therapy
- gambling concerns
- substance use
- relationships

Please contact Sydney Women's Counselling Centre for information about the current group program.

EDUCATION, INFORMATION AND REFERRAL

We aim to be a resource for women around whatever issues concern them in their lives.

Information is available on a variety of topics concerning women's psychological and emotional well-being. This may include referral to other services addressing women's individual needs.

Staff of the Centre are available to provide community education, promoting awareness of issues affecting women's health.