



Relationship Thursday

NSW Women's Week 2020



EVENT DETAILS

DATE

Thursday 5th March 2020

TIME

9.30am – Me and My Relationships

11.00am – DV-alert Awareness Session

5.30pm - Let's Talk About Sex
(a second session will run on Friday at 9.30am)

(Light refreshments provided)

VENUE

Central West Women's Health Centre
20 William Street
Bathurst

COST

Free

RSVP by 21 February 2020

T: 6331 4133

E: information@cwwhc.org.au



Supported with funding from
NSW Government & NSW

9.30am – Me and My Relationships facilitated by Relationships Australia this workshop will include information on the following topics:

- Understanding our emotions
- Self-care and confidence
- How to communicate effectively
- Setting healthy boundaries in relationships

Relationships Australia.
NEW SOUTH WALES

11.00am – DV-alert Awareness Session facilitated by Stephanie Robinson from Lifeline Central West. This is a two-hour interactive presentation where individuals and groups can talk about the issue of domestic violence and what they can do to help make a difference. Session will include:

- Identifying signs and forms of abuse
- Cycle of violence,
- Reflection on what to do if someone you know is affected
- Tools and references for domestic and family violence support and referral

 **Lifeline** Saving Lives
Crisis Support. Suicide Prevention.

5.30pm - Let's Talk About Sex facilitated by Clinical Sexologist, CJ Baldry from ASSERTive Sexology.

This session will include information such as:

- ORGASMS – The FACTS
- 101 – Sex & Safety
- The Science of Attraction
- Love Language/Self Love Language
- The Importance of Pleasure
- You can't Dis-able my sex and
- LGBTTTIQAP+ = Let's Talk
- Plus much more...


ASSERTive Sexology
Private Psychotherapy

Upon registration you will need to complete an anonymous survey to register the topics that are of interest to you. The survey can be found at <https://www.smartsurvey.co.uk/s/4NLK5/>



International Women's Day

#EachforEqual



Feel Good Friday

NSW Women's Week 2020



EVENT DETAILS

DATE

Friday 6th March

TIME

9.30am – Let's Talk Sex
with CJ Baldry

10.00am – Feel Good for Life
with Veronica Sutherland

12.00pm – Let's Do Lunch
(Free lunch)

VENUE

Central West Women's
Health Centre
20 William Street
Bathurst

COST

Free

RSVP by 21 February 2020

T: 6331 4133

E: information@cwwhc.org.au



Supported with funding from
NSW Government & NSW
Ministry of Health (WLHD)



Join us on **Feel Good Friday**.

There will be two free talks to choose from or maybe you'd just like to come along for some lunch (provided by the CWA)



9.30am – 11.30pm – **Let's Talk About Sex** - facilitated by Clinical Sexologist, CJ Baldry from ASSERTive Sexology. For more detail please see the Relationship Thursday flyer.

10.00am – 11.30am – **Feel Good for Life** – with Veronica Sutherland. Topics will include:

- Understanding the role of nutrition, sleep and movement to maximise health.
- Stress reduction and mental health
- Minimising risk and reducing symptoms of chronic disease.

12.00pm - **Let's Do Lunch** – Join us for a free lunch, provided by the CWA, to Celebrate NSW Women's Week and International Women's Day.



International Women's Day

#EachforEqual



For more information contact us on 02 6331 4133
www.cwwhc.org.au