WOT'S ON

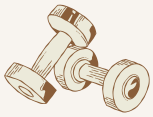
IN TERM 4 2026

Info and bookings: ccwh.org.au/groups

WOY WOY

MONDAY: Cervical Screening Clinic 9am - 3pm
First Monday of the month
Bookings: 4324 2533 or online
ccwh.org.au/womens-health-clinic

TUESDAY: Strength for Life: Menopause & Beyond with Lisa Mitchell
9.15am to 10am
20 Oct – 8 Dec (8 sessions)
$80 for 8-week program



WEDNESDAY: Introduction to Meditation & Pranayama Breathwork with Abi
1pm - 2:30pm
21 Oct - 25 Nov (6 sessions)
$30 for 6-week program
Childcare available

THURSDAY: Nourishing Yoga with Alissa
10am - 11am
22 Oct - 26 Nov (6 sessions)
$30 for 6-week program

FRIDAY: Acupuncture, with Mei-Lan
Cost: $55 for 30 mins
Appointments essential:
Call Mei Lan on 0414 899 386

FRIDAY: 'Walkie -Talkies' Walking Group
8.50am, Friday mornings
Meet at location on the Schedule of Walks at: ccwh.org.au/groups
$5 donation, payable in cash on the day

WYOMING

TUESDAY: Grow Through Program: Exploration of the Seasons & Cycles We Navigate as Women with Cass
12:30pm - 2:30pm
3 Nov - 8 Dec (6 sessions)
$30 for 6-week program

WEDNESDAY: Fresh Start with Kylie & Rachel
1pm - 3pm
11 Nov - 2 Dec (4 sessions)
Expressions of interest:
groups@ccwh.org.au
Childcare avaliable

WEDNESDAY: Naturopath, with Toni
9am - 12pm
Appointments essential:
Call Toni 0402 352 117

WEDNESDAY:
Join our Cottage Playgroup, 10am - 12pm during the school term!
More info: childcare @ccwh.org.au

THURSDAY: CBT+ Menopause Group
10am – 12pm
8 Oct - 19 Nov (7 sessions)
Through GP referral only

THURSDAY: Spread the Joy - Christmas card making with Maggie
1pm - 4pm 19 Nov & 12:30pm - 3:30pm 3 Dec
$20 per class includes all supplies and two cards

FRIDAY: Reclaiming You - Art Therapy with Leanne
10am – 12pm
23 Oct - 27 Nov (6 sessions)
$30 for 6-week program
Childcare available

WYONG

MONDAY: Older Women's Network
1pm to 2.30pm
Second Monday of the month.
Bookings: Pauline on 0409 229 266

MONDAY: Self-Compassion Group with Karina
10am to 12:30pm
9 Nov - 30 Nov (4 sessions)
Expressions of interest:
groups@ccwh.org.au
Childcare available

TUESDAY: Shark Cage with Nat & Maria
10am - 12:30pm
3 Nov - 8 Dec (6 sessions)
Expressions of interest:
groups@ccwh.org.au
Childcare available

WEDNESDAY: Hands of Balance - Tai Chi with Lisa
1pm to 2pm
21 Oct - 25 Nov (6 sessions)
$30 for 6-week program

THURSDAY:
Join our Rose Cottage Playgroup, 10am - 12pm during the school term!
More info: childcare @ccwh.org.au

Central Coast Community Women's Health Centre
(02) 4324 2533, option 3 for Groups groups@ccwh.org.au or childcare@ccwh.org.au ccwh.org.au