

THE BROADMEADOWS WOMEN'S COMMUNITY HOUSE IS SUPPORTED BY:



The Commonwealth Home Support Programmes (CHSP) are funded by the Department of Health

**For Further Information please contact
03 9309 9433 or email
womenshouse@anglicarevic.org.au**



OUR GROUPS HELP WOMEN TO:

- Create friendships and community
- Build strength for themselves and their families
- Provide opportunities for learning, growth and personal discovery
- Increase confidence, self-esteem and independence.

OUR TEAM:

Our team includes Bella, Fumiko, Genine, Hanan, Keklik, Kerry, Nijole, Rabiaa, Robin and Tamara. Each of them brings a wealth of skills and experience to their roles. These workers use a variety of approaches in addressing themes common to the lives of local women.

TRANSPORT:

Free transport is available for some groups.

CHILDCARE:

We are a registered occasional child care centre and can provide a quality service for up to six children per session. The service is on site and available to children up to six years of age. Bookings are essential.



OUR GROUPS ARE AVAILABLE TO WOMEN LIVING IN THE CITIES OF HUME AND MORELAND

2016 415

BETTER TOMORROWS

OUR FOCUS IS ON TRANSFORMING THE FUTURES OF CHILDREN AND YOUNG PEOPLE, FAMILIES AND ADULTS. OUR WORK IS BASED ON THREE GUIDING PILLARS: PREVENT, PROTECT, EMPOWER.

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**Term 1, 2017
Broadmeadows Women's Community House**

The Women's House is a friendly and safe place for women and children. It is a place to meet new people, talk, listen and discover more about yourself.

BETTER TOMORROWS

LET'S PLAY; LET'S PLAY MORE PLAYGROUPS

Cleveland Drive Child and Family Centre, 24-26 Cnr
Essex Way & Cleveland Drive, Craigieburn

LET'S PLAY: Monday 9am – 10.30am

LET'S PLAY MORE: Monday 11am – 12.30pm

Dads are most welcome!

Are you a struggling parent or carer with kids under 5 years old? Strengthen your parenting skills through play. Run in partnership with Uniting Care ReGen.

ONE STEP AT A TIME PLAYGROUP

Broadmeadows Women's Community House
2 Hadfield Court, Broadmeadows

Monday 10:30am – 12:30pm

Shake off your worries and be inspired! Try new parenting styles and ways of being with your child/ren.

For mums with children between 0-5 years.

OUT AND ABOUT

Broadmeadows Women's Community House,
2 Hadfield Court, Broadmeadows

Tuesday 10am – 1pm

Have fun keeping active; making friends; learning; exploring new places and experiences.

Transport is available. For women 65+.

SMALL STEPS; LITTLE STEPS PLAYGROUPS

Broadmeadows Community Hub,
Cnr Widford & Freda Streets, Broadmeadows

SMALL STEPS: Tuesday 9.15am – 10.45am

LITTLE STEPS: Tuesday 11.30am – 1pm

Build your confidence as a parent through singing, reading stories and play. We gently encourage vulnerable families. Run in partnership with Uniting Care Regen.

TRANSITION PLAYGROUP: LET'S HAVE FUN TOGETHER

Broadmeadows Women's Community House
2 Hadfield Court, Broadmeadows

Wednesday 10am – 12pm

Mums in charge here! A great opportunity for mums to help each other, to share ideas and activities and build their own playgroup together.

DROP-IN SESSION: TIME FOR ME – COFFEE AND CHAT!

Broadmeadows Women's Community House
2 Hadfield Court, Broadmeadows

Wednesday 1pm – 2.30pm

All women are welcome to drop-in to meet, chat and make new friendships. This is a relaxing, social time just for women. No kids.

LESS STRESS PARENTING

Roxburgh Rise Primary School
Lockwood Dr & Bluebird Way, Roxburgh Park
Wednesday 1pm – 3pm

Do you find parenting stressful? Have you tried lots of different methods and nothing seems to change? This program looks at practical ways to tackle issues that create stress in families – communication, discipline, etc. and most importantly ways to lower stress levels of parents with basic self-care techniques. Facilitated in Arabic and English.

AGEING AND FEELING GREAT!

Broadmeadows Women's Community House,
2 Hadfield Court, Broadmeadows

Thursday 10am – 1pm

Stay active in mind and body, learn how to enjoy each day. Make new friends, share activities, outings, stories, food and good laughs. Bus available. For women 65+.

MEADOWS PRIMARY SCHOOL PLAYGROUP

Meadows Primary School in Gerbert Street,
Broadmeadows

Thursday 9.30am – 11.30am

This fun playgroup will focus on building playful moments between parents and children to support parenting, relationships and making new friends in the community.

PARENTS BUILDING SOLUTIONS

Homestead Community Learning Centre
30 Wiltshire Drive, Roxburgh Park

Thursday 10am – 12 noon

An interactive program for parents and carers of children aged between 5-12 years designed to help strengthen your relationship with your children, enable you to share experiences, ideas and learn strategies on supporting your child. Program runs for 6 weeks from 23/2 to 30/3. Limited childminding available. Please contact Hanan, Broadmeadows Women's Community House on 9309 9433 or Dalal at Parentzone North on 9465 0322.

MINDFUL ART AND CRAFT GROUP

Broadmeadows Women's Community House,
2 Hadfield Court, Broadmeadows

Friday 10.30am – 12.30pm

Relax, have fun and get creative in this group to support your mental health and wellbeing with arts, crafts, education and mindfulness techniques.



FUN FREE PLAY TOGETHER PLAYGROUP

St Dominic's School,
408 Camp Road, Broadmeadows
Friday 9:30am – 11:30am

A new group for mums with pre-school kids. Discover fun ideas for playing and learning together, in playgroup, and then to take home. Facilitated in Assyrian Chaldean and English.

ENGLISH LANGUAGE SUPPORT PROGRAM FOR ASYLUM SEEKERS ONLY

Broadmeadows Community Hub,
Cnr Widford & Freda Streets, Broadmeadows
Friday 9.30am – 12pm

This is an English class plus settlement support. Strengthen your language skills, friendships and community connections. Run in partnership with Jesuit Social Services. Childcare is available.

FAMILY RELATIONSHIP SKILLS PROGRAM

Are you developing and delivering parenting courses and/or group work in Hume and Moreland? Mentoring, resources and support are available to workers and organisations.

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