

# GLADSTONE Women's Health

Supporting Women For More Than 30 Years



- Professional Counselling
- Community Wellness Workshops
- Support, Referral & Advocacy



Equality



Security



Health & Wellbeing



Safety



Empowerment

# SERVICES



## Information, Referral and Advice

All women are welcome to visit or phone the Centre for information, referral, and advice weekdays between 9am and 4.30pm. We have up-to-date information on women's health, pregnancy and parenting, counselling and family support, support for victims of domestic or sexual violence, and women's community support and crisis networks.

We also have contact details for women-friendly doctors, lawyers, and natural health practitioners. Additionally, at the Centre there are noticeboards, displays and written resources promoting women's activities, events and social services.



## Women's Health Services

Well Women's Clinics are held monthly at the centre and are a free and confidential service. In partnership with Queensland Health, the centre is providing monthly clinics for all women. We do not require a Medicare Card.

Services include:

- Pap smears
- Breast education
- Health, weight, and exercise
- Menopause
- Continence
- Contraception
- Sexual health

Appointments are necessary.



## Counselling Services

Gladstone Women's Health is committed to providing free safe, confidential, culturally sensitive and effective free counselling for women in the Gladstone Region. We offer face-to-face and phone general counselling; domestic and family violence counselling; and sexual assault counselling to women. We also provide counselling services to children and youth impacted by domestic and family violence, and/or sexual assault. Sessions are by appointment and free of charge. Due to demand, we ask that a day's notice of cancellations is provided so we can give someone else your appointment time if you cannot make it.

### What is counselling?

Counselling involves trained, professional counsellors discussing and working through your personal problems. Our counsellors help provide

clarity and guide you to explore your options and develop strategies to resolve issues – in a positive way.

## **Our counsellors**

All our counsellors are culturally sensitive, qualified, professionally supervised and belong to a professional body. They provide a safe, supportive, non-judgmental environment for you to discuss your emotions, feelings, needs and experiences; as well as exploring your strengths and abilities.

Our staff provide confidential support. This means that everything you discuss with the counsellor is private, between you and the counsellor. There are exceptions, though, when a counsellor has a duty of care to report something that threatens your wellbeing or the wellbeing of others. This legal requirement will be explained to you in your first counselling session.

We understand that not every counsellor will be right for you, and we are happy to provide alternative arrangements or refer you if this is the case.

## **Our counselling approaches and services**

No issue is too big or too small to ask for support from us. There are many different types of counselling and approaches that our counsellors use to ensure you get the best outcome from our support. Our services are free of charge and are available to anyone with a personal concern.

Some of the most common issues we assist clients with include:

- Relationship issues
- Work and/or career issues
- Stress, anxiety and depression
- Grief and loss
- Life transitions, such as a birth of a baby, separation and divorce or death.
- Parenting
- Trauma
- Addiction
- Abuse
- Self-esteem difficulties
- Gender identity and/or sexuality

## **School counselling outreach services**

Telephone and outreach to schools for students is available upon request.





## Domestic and Family Violence Services

Gladstone Women's Health offers the following specialised services to women, children and men who have been impacted by family and domestic violence:

- Free counselling for victims
- Domestic violence information
- Free court support services
- A home safety security upgrade program
- Men's perpetrator intervention programs (for court appointed referrals only)
- Men's Education Network (MENs) support group
- Victim support groups

We do not provide housing services.

If you are unsure about the best support for your situation, please call us.

### Domestic Violence Court Advocacy Service

We offer a Court Advocacy and Support Program (CASP) for people facing court over domestic violence matters. CASP is a free information, referral and advocacy service available at Gladstone and Biloela Magistrates Courts on days domestic violence matters are heard.

The program designed to ensure that both the "aggrieved" (those who have experienced domestic violence) and the "respondent" (those who face court for domestic violence matters) have the right information available to them to be prepared, and understand what is happening during the process, and what is expected of them.

Our knowledgeable staff are also there to help you understand domestic violence orders and any conditions issued by the court.

**Note:** This service is not a legal advice service so please ask at the Courthouse if you need to source legal representation.

## Sexual Assault Support Service

Gladstone Women's Health Centre provides free professional specialist sexual assault counselling to children aged 14 years and over, women and men who have been sexually assaulted in their past (historical sexual abuse) or presently, or who are affected by sexual assault.

We also provide:

- Counselling to those who have experienced sexual harassment or were sexually assaulted in childhood;
- Parents of children who have been sexually assaulted; and
- People supporting someone who has been sexually assaulted or experienced sexual harassment.

All our counsellors are qualified, professionally supervised and belong to a professional body. We understand that not every counsellor will be right for you, and we are happy to provide alternative arrangements or refer you if this is the case.

## Wellbeing Education & Workshops

We run a program of free wellbeing workshops for women each month. Regular popular workshops are Puberty Clues for pre-pubescent girls and their mothers; Puberty Blues for pre-pubescent boys and one of their care-givers; Hope & Healing for women who have survived sexual assault and those who experienced historical sexual abuse; Lotus & Little Warriors domestic and family violence awareness and support program; Love Bites respectful Relationships Education Program for young people aged 15-17 years in schools; and a wide range of workshops tailored to community needs of the time. These include Managing Anxiety; Adult Child; Empowerment; Social Connections; Bounce Back; the Art of Relaxation; The Empty Nest; Shark Cage and more. Please ask for our workshop calendar to we what workshops are planned each month.

## ABOUT

Gladstone Women's Health is a highly respected, not-for-profit charity organisation, overseen by a management committee, comprising women with the skills, qualification and dedication to lead the organisation's direction and success.

Established in 1992, the organisation has remained committed to its founding goals of empowering and improving the overall health and wellbeing of women of the Gladstone Region, but during the past 30 years its range of services have expanded and so too has its service footprint.

Now, providing a range of counselling, community education, support and wellbeing services in Gladstone Region, as well as counselling and domestic violence services in Banana Shire, Gladstone Women's Health has consolidated its mantle as leading advocate and provider of women's support and counselling to clients across a geographic footprint of more than 30,000 square kilometres of Central Queensland.

The organisation is now ideally located in custom-designed premises at 65 Central Lane in Gladstone's city heart and is open from 9am to 4.30pm Monday to Fridays, except public holidays.

## FUNDING

Gladstone Women's Health Centre is funded by the State Government and supplemented by donations, fund-raising and community funding grants. The organisation has been endorsed as a Deductible Gift Recipient since 1 July 2000, allowing the Centre to receive income tax deductible gifts, with all donations being tax deductible.



## OFFICE LOCATION

Gladstone Women's Health Centre is conveniently located at 65 Central Lane (upstairs) in the CBD of Gladstone. Car parking is generally available along Central Lane in the Gladstone Regional Council car parks. If you have special needs access, please contact us in advance of your visit to discuss what we can do for you. Pram and wheelchair access is available at the front of the building. We have an airconditioned waiting room and our Aurizon Safe Room for clients to wait in comfort.

GLADSTONE  
**Women's  
Health**

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