

WEEKLY PROGRAMS & SERVICES

Women's Health Clinic

Female GP supported by a Nurse & Midwife, addressing issues of female reproductive health and antenatal care. Free with Medicare.

Well Women's Checks

Free service provided by a Practice Nurse:

- General Health & Blood Pressure Checks
- Contraceptive & Unplanned Pregnancy Advice
- Weight and Lifestyle Advice
- Cervical Screens

Dietitian Service

Dietary and lifestyle advice provided by an Accredited Practising Dietitian.

Free with a GP Management Plan from a Doctor, or \$10.00 fee with no Plan.

Counselling – Sexual & Reproductive Health

Free counselling sessions where women can discuss any issues regarding sexual & reproductive health.

For example:

- unplanned pregnancy
- miscarriage grief
- post termination grief
- sexual orientation

Clinical Psychologist

Psychological therapy and counselling.

Mental Health Care Plan from GP required.

Pregnancy & Postnatal Support Services

Pregnancy, childbirth, & perinatal support and education, provided by a Midwife and Doctor.

Services include:

- antenatal shared care with hospital
- health information
- individual consultations
- childbirth & postnatal education
- home visit after you have had the baby
- Mothers Group

Health Education / Promotion

Workshops addressing women's health issues for groups at Ishar and community organizations

(By request)

Domestic Violence Support Program

Services for women who are experiencing, or have experienced domestic violence.

Therapeutic groups and individual client support available.

Exercise and Fitness Programs

- Exercise classes - \$40 for 10 week term
- Yoga classes - \$40 for 10 week term

Carer Support Services

- Individual Support and Advocacy
- Weekly Carers Group – Mirrabooka & Bentley
- Carer Respite Activities
- Home visiting

40+ Women's Lifestyle Program

- Weekly Activities and Information Sessions
- Events and Outings
- Bentley & Mirrabooka

Neighbourhood Mother's Program

- Parenting & Relationships
- Information sessions
- Skills Development
- Rhyme Time / Activities for Children
- Family Health
- English Classes
- Home visit for new mothers (referred only)

Family Settlement Support Program

Activities, information on welfare issues, health and nutrition.

Settlement Grants Program Case Work

Assistance with settlement issues for newly arrived humanitarian refugees living in Australia for less than 5 years, including:

- Housing
- Education, Training, Employment
- Settlement, Citizenship Information
- Financial Planning
- Centrelink Services
- Managing Relationships in Australia
- Domestic Violence Support

On-site and telephone interpreting services are available on request.

Free crèche facilities are provided for many of Ishar's programs.

Please call 9345 5335 for more information or to make an appointment.



WEEKLY PROGRAMS & SERVICES

DAY	ACTIVITY	TIME	VENUE	COST
MON	Family Support & Settlement Grants Program (SGP)	10am-1pm	Ishar	Free
	Clinical Psychologist	Appointment	Ishar	Bulk Bill to Medicare with MH Plan from GP
	Women's Doctor	Appointment	Ishar	Bulk Bill to Medicare
	Antenatal Care	Appointment	Ishar	Bulk Bill to Medicare
TUE	Bentley Carers & 40+ Group	10:30am-12:30pm	Bentley Library	Free
	Clinical Psychologist	Appointment	Ishar	Bulk Bill to Medicare with MH Plan from GP
	Women's Doctor	Appointment	Ishar	Bulk Bill to Medicare
	Antenatal Care	Appointment	Ishar	Bulk Bill to Medicare
WED	Mirraboooka Carers Group	10:30am-12:30pm	Ishar	Free
	40+ Women's Group	1pm-3pm	Ishar	Free
	'Fun Being a Mum' Group • Mums with babies 0-12 months	10.30am-12pm	Ishar(upstairs)	Free
	Clinical Psychologist	Appointment	Ishar	Bulk Bill to Medicare with MH Plan form GP
	Well Women's Check	Appointment	Ishar	Free
	Counsellor-Sexual & Reproductive Health	Appointment	Ishar	Free
THUR	Domestic Violence Support Group	11:30am-1:30pm	Ishar	Free
	Latin Dance	1:30pm-2.30pm	Ishar (upstairs)	Free
	Women's Doctor	Appointment	Ishar	Bulk Bill to Medicare
	Dietitian Clinic	Appointment	Ishar	Bulk Bill with GP Plan or \$10 fee
FRI	Women's Exercise Class	9:15am-10:15am	Herb Graham Centre	\$40 for 10 weeks
	Women's Yoga Class	11am-12pm	Herb Graham Centre	\$40 for 10 weeks
	NMP-English Classes	10:30am-12:30pm	Herb Graham Centre	Free
	Neighbourhood Mothers Program • Women who arrived in Australia up to 10 years ago • With children 0-12 years	10am-1pm	Herb Graham Centre	Free
	Women's Doctor	Appointment	Ishar	Bulk Bill to Medicare

SGP Individual appointments are available Monday, Tuesday, Wednesday and Friday. This is a free service.

Additional Midwife Services are available by appointment only. Please call for more information.

LOCATION

21 Sudbury Road

MIRRABOOKA

In the Mirraboooka Library Building
(Downstairs)

CONTACT

W: www.ishar.org.au

P: (08) 9345 5335

E: info@ishar.org.au

