

# HEALTH INFORMATION & COMMUNITY SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
<b>Compass Group</b> For family and friends dealing with someone else's drug and alcohol issues. COMPASS is a confidential and non-judgmental support group based on understanding, support and respect for the individual and the family. It provides an information session to help with strategies and give information on a wide range of relevant issues to do with dealing with a person and family affected by drug and alcohol issues.	Directions ACT 1 Bradley St, Woden (next to bus interchange)  Every 2 <sup>nd</sup> Wednesday 5.30 – 7.30pm  Dinner provided	Free  Directions ACT  Bek Ph: 6122 8000
<b>Maysoon</b> An eight session course for women with alcohol and/or other drug issues who also have children. Sessions include: self esteem, goals, confidence and pampering. A healthy lunch and free onsite childcare is provided.	Directions ACT 1 Bradley St, Woden (next to bus interchange)  Dates and times TBA	Free  Directions ACT  Bec Davies Ph: 6122 8000
<b>Smart Recovery</b> Self-management and recovery training to manage any addiction. This course is made up of four key components: enhancing and maintaining motivation, coping with cravings, problem solving and lifestyle balance.	Directions ACT 1 Bradley St, Woden (next to bus interchange)  Dates and times TBA	Free  Directions ACT  Barry Ph: 6122 8000
<b>Alzheimers Education</b> The Dementia and Memory Community Centre holds monthly sessions on topics of interest to the public: Family carer sessions, Orientation to Dementia and Dementia Network - Professor Sube Banerjee. Morning or afternoon tea is provided.	Alzheimers Australia ACT 159 Maribyrnong Ave, Kaleen  Dates and Times TBA  Booking essential	Free  Alzheimers Australia ACT  Ph: 6255 0722
<b>Every Friday</b> Alzheimers Australia ACT in conjunction with the YMCA run Tai Chi, relaxation and yoga classes. Includes afternoon tea.	Alzheimers Australia ACT 159 Maribyrnong Ave, Kaleen  Dates and Times TBA Booking essential	Free  Alzheimers Australia ACT  Ph: 6255 0722
<b>DAFNE – Diabetes support</b> A group self management program designed for adults with Type 1 Diabetes. DAFNE involves attending a 5 day training course. Book early as numbers are limited.	Venue TBA Mon – Fri 9am – 5pm	Free Diabetes ACT  Ph: 6288 9830
<b>Growing Herbs and Vegetables and Healthy Cooking on a Budget</b> An eight week course for women.	Toora Day Refuge Dates and times TBA	Free Toora Day refuge Jo and Kristy Ph: 6247 2399

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<b>Yoga- for women</b> An eight week course for beginners.	Toora Day Refuge Dates and times TBA	Free Toora Day refuge Jo and Kristy Ph: 6247 2399
<b>Pilates – for women</b> An eight week course for beginners.	Toora Day Refuge Dates and times TBA	Free Toora Day refuge Jo and Kristy Ph: 6247 2399
<b>Indoor Soccer/Netball</b> A six week fun course for women.	Toora Day Refuge Dates and times TBA	Free Toora Day refuge Jo and Kristy Ph: 6247 2399
<b>Community Street Soccer Program</b> Street Soccer uses sport to promote social inclusion for disadvantaged people. Women players are particularly welcome. It doesn't matter if you're new to the game and you don't have to be mega fit. Just come and kick some goals for yourself.	Venue dates and times TBA	Free The Big Issue  Julie Mob: 0450 206 979
<b>Liver Health and Wellness Group</b> For people living with hepatitis. This group provides confidential support, information and understanding.	ACT Hepatitis Resource Centre 36 David St, Turner Dates and times TBA	Free ACT Hepatitis Resource Centre Robyn or Susan Ph: 6230 6344
<b>Smoking Cessation Course</b> A course run in eight, one hour sessions, to assist smokers trying to give up. The course aims to: provide knowledge of quitting methods and products, provide support and resources to develop a quit plan, reduce fear and anxiety about quitting and provide further information and support to stay quit. Course materials provided.	We come to your organisation/venue  Dates and times to be negotiated based on your preference	Cost is negotiable  Cancer Council ACT  Bernadette Urack Ph: 6257 9999 <a href="mailto:bernadetteurack@actcancer.org">bernadetteurack@actcancer.org</a>
<b>YMCA Mums and Bubs Fitness Class</b> Specialised fitness program to help mums get into shape with no extra childcare cost. Breastfeeding mums are welcome.	<b>YMCA Chifley Health &amp; Fitness Centre, Cnr Eggleston &amp; Maclaurin Cres, Chifley</b>  Fridays 10.45 – 11.45am	<b>Casual visits or membership options available</b> YMCA of Canberra Ph: 6281 0124 <a href="mailto:Yfitness.can@ymca.org.au">Yfitness.can@ymca.org.au</a>  <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>YMCA Weight Loss for Women</b> A twelve week weight loss program including personal training, lifestyle coaching and an eating plan.	<b>YMCA Chifley Health &amp; Fitness Centre, Cnr Eggleston &amp; Maclaurin Cres, Chifley</b> Commences 13 Feb Dates and times TBA	<b>Membership options available</b> YMCA of Canberra Ph: 6281 0124 <a href="mailto:Yfitness.can@ymca.org.au">Yfitness.can@ymca.org.au</a>  <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>

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<b>YMCA Group Fitness Classes and Gym</b> Classes to suit everyone. Body Balance, Body Pump, Chi Ball, Fit Ball, Tai chi, Stretch, Boxing, Mums N Bubs, Ever Active, Y's Aerobics. Gym suitable for all abilities.	<b>YMCA Chifley Health &amp; Fitness Centre, Cnr Eggleston &amp; Maclaurin Cres, Chifley</b> <b>Weekdays 6am – 8pm</b> <b>Saturdays 7am – 12 noon</b>	<b>Casual visits or membership options available</b> YMCA of Canberra Ph: 6281 0124 <a href="mailto:Yfitness.can@ymca.org.au">Yfitness.can@ymca.org.au</a>  <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>Females in Training (FIT)</b>  'Find Thirty' Tour de Femme Training Program  'Find Thirty' Tour de Femme  'Find Thirty' Women's Triathlon Training Program  'Find thirty' Women and Girls Triathlon  FIT regular Walk to Run programs  FIT also hold a variety of events. Come and try kayaking, water running and nutrition seminars.	<b>Venues dates and times TBA</b>  <b>See website for details</b>	<b>Membership \$40</b> <b>Cost for some programs</b> <b>See website for details</b>  <b>Females in Training</b>  <a href="http://www.fitact.org.au">www.fitact.org.au</a>
<b>Aerobics - Low Impact</b> This is a fun, low impact class, starting with warm up, then conditioning track, followed with abs and finishing with some stretching.	Belconnen Community Centre  Mondays 10.15 – 11.15am	\$8.50 \$6.50 concession Discount cards available  Belconnen Community Centre Cecelia Ph: 6264 0232
<b>Mature Fitness</b> Intended for the more mature person. The Swiss Ball is used, along with hand weights and other gym equipment, resulting in better balance, coordination and strength.	Belconnen Community Centre  Mon, Wed, Fri 11.30am – 12.30pm	\$8.50 \$6.50 concession Discount cards available  Belconnen Community Centre Cecelia Ph: 6264 0232
<b>Mature Weights</b> This class is done to music and is aimed at toning the muscles, strengthening the bones, increasing the body's metabolism and burning unwanted fat. Please arrive fifteen minutes before class for setup and briefing	Belconnen Community Centre  Tues and Thurs 11.30am – 12.30pm	\$8.50 \$6.50 concession Discount cards available  Belconnen Community Centre Cecelia Ph: 6264 0232

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<b>Stretch and Flex</b> This class incorporates gentle stretching movements and the Swiss Ball to stretch out tired, stiff muscles and improve flexibility.	Belconnen Community Centre  Thursdays 12.30 – 1.30pm	\$8.50 \$6.50 concession Discount cards available  Belconnen Community Centre Cecelia Ph: 6264 0232
<b>Aerobics - Circuit</b> A 1 hour class, starting with fifteen to twenty mins of aerobics followed by forty mins of circuit, abdominals and stretching. A non-stop cardio and muscle toning program.	Belconnen Community Centre  Mondays 12.30 – 1.30pm	\$8.50 \$6.50 concession Discount cards available  Belconnen Community Centre Cecelia Ph: 6264 0232
<b>Swiss Ball</b> A class aimed at strengthening the core muscles. Through exercise and the use of weights you are given a balanced overall body workout leaving you feeling stronger inside and out.	Belconnen Community Centre  Tuesdays 12.30 – 1.30pm	\$8.50 \$6.50 concession Discount cards available  Belconnen Community Centre Cecelia Ph: 6264 0232
<b>Weights Plus</b> Not aimed at a specific group. This class is done to music and is aimed at toning the muscles, strengthening the bones, increasing the body's metabolism and burning unwanted fat.	Belconnen Community Centre  Wed and Fri  12.30 – 1.30pm	\$8.50 \$6.50 concession Discount cards available  Belconnen Community Centre Cecelia Ph: 6264 0232
<b>Social Badminton</b> Come and enjoy a morning of social badminton. It's a chance to have a challenging or relaxed game while improving your technique and making friends.	Belconnen Community Centre  Mon, Wed and Fri 10.15am-12.15pm	\$4 \$3 concession Discount cards available  Belconnen Community Centre Cecelia Ph: 6264 0232
<b>Women's Health Sessions</b> Interactive sessions for women's groups about breast and cervical cancer awareness and early detection.	Monday - Friday  Phone or email to book a session at your venue	Free Breast Screening Program Ph: 6205 4444 <a href="mailto:Breastscreen@act.gov.au">Breastscreen@act.gov.au</a>
<b>Pap Tests - Do I Need Them?</b> Interactive sessions about Pap tests and cervical cancer awareness for women of all ages. Phone to book a session.	Monday - Friday  Phone or email to book a session at your venue	Free ACT Pap Screening Program Ph: 6205 3344

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<b>Breast Cancer - Do I need to worry?</b> Interactive workshops for women of all ages. Latest information and resources about breast awareness and early detection of breast cancer.	Monday - Friday  Phone or email to book a session at your venue	Free BreastScreen ACT and SE NSW Ph: 6205 4444 <a href="mailto:Breastscreen@act.gov.au">Breastscreen@act.gov.au</a>
<b>Bosom Buddies</b> Bosom Buddies invites women who have been diagnosed or are receiving treatment for breast cancer to discover friendship and fun with others at our morning teas and evening get-togethers. No need to book just turn up.  Bosom Buddies is a support organisation for women newly diagnosed with breast cancer assisting them on their journey by using a buddy system. It provides social and fun activities as well as ongoing support and information sharing for members and their guests.	Evening Get-togethers Tilley's Devine Café Gallery Wattle St, Lyneham 18 Jan, 15 Feb, 21 Mar, 18 Apr, 16 May, 20 Jun 5.30 – 6.30pm  Morning Tea Get-togethers The Chocolate Olive Café 2/22 Colbee Court, Phillip 9 Jan, 13 Feb, 13, Mar, 10 Apr, 14 May, 12 Jun, 9.30 – 10.30am	Free  Bosom Buddies  Kate Ph: 6290 1984 or 0406 376 500  <a href="http://www.bosombuddies.com.au">www.bosombuddies.com.au</a>
<b>Darryl's Den</b> An activity and a living skills, social therapy group for people with a disability.	80 Beaurepaire Cres, Holt  Mon, Tues, Thur and Fri 9am – 4pm	\$10 per day National Brain Injury Foundation Julie Ph: 6254 2004
<b>RSI and Overuse Injury Information</b> Information sessions on managing and treating overuse injuries, including referrals to helpful therapists, GPs and lawyers. Advice on safe computing, including voice operated computing also offered.	2 <sup>nd</sup> Floor Griffin Centre, 20 Genge St Canberra, City  Mondays and Thursdays 10am – 3pm	Free  RSI and Overuse Injury Association of the ACT Ph: 6262 5011 <a href="http://www.rsi.org.au">www.rsi.org.au</a>
<b>Gentle Exercise Program</b> This program aims to improve the general health and wellbeing of people over forty five, but all are welcome.	Richardson Community House Fridays 11am - 12 noon Chisholm Community House Mondays 2 – 3pm	\$5 (Individual) per session \$8 for couples Tuggeranong Link Ph: 6292 1604
<b>Pelvic Floor Workshop</b> Women of all ages who want to learn more about their pelvic floor muscles or who experience problems with control of bladder, bowel control or a prolapse are invited to attend a two - part workshop presented by a physiotherapist from ACT Health.	Various Health Centres across the ACT  Dates and times TBA	Free Bookings essential ACT Health - Continuing Care Phone to register leave name and contact number Ph: 6205 1396
<b>Mindfulness and families group</b> A skills-based 5 week program for families, friends and carers of people with substance use issues designed to manage stress and facilitate healthier relationships with loved ones.	Training Room 2 Level 1, 1 Moore St Canberra City  Dates and times TBA	Free ACT Health Alcohol and Drug Program Ph: 6205 4515

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<p><b>Advanced Mindfulness</b></p> <p>Advanced Mindfulness is a weekly practice session for participants who have completed the five week Mindfulness, Meditation and Stress Management Group. It provides regular practice of longer meditations from thirty minutes to an hour duration and the opportunity to connect with other participants.</p>	<p>Training Room 2 Level 1, 1 Moore St Canberra City</p> <p>Dates and times TBA</p>	<p>Free ACT Health Alcohol and Drug Program Ph: 6205 4515</p>
<p><b>Mindfulness Meditation and Stress Management</b></p> <p>A five week group program designed for individuals with, or caring for someone with alcohol and other drug issues who want to learn: meditation and other mindfulness techniques; how to identify and let go of unhelpful thoughts, feelings, sensations and urges; and how to better manage stress and uncomfortable emotions.</p>	<p>Training Room 2 Level 1, 1 Moore St Canberra City</p> <p>Dates and times TBA</p>	<p>Free ACT Health Alcohol and Drug Program Ph: 6205 4515</p>
<p><b>Effective Weed Control</b></p> <p>A four hour program over two weeks for cannabis users wanting information or who want to change their cannabis use.</p>	<p>Training Room 2 Level 1, 1 Moore St Canberra City</p> <p>Dates and times TBA</p>	<p>Free ACT Health Alcohol and Drug Program Ph: 6205 4515</p>
<p><b>Relapse Prevention</b></p> <p>An ongoing, closed group for adults with alcohol and other drug issues, who wish to develop and maintain healthier lifestyles. Requires a minimum of six weeks attendance</p>	<p>Training Room 2 Level 1, 1 Moore St Canberra City</p> <p>Dates and times TBA</p>	<p>Free ACT Health Alcohol and Drug Program Ph: 6205 4515</p>
<p><b>Controlling Your Drinking</b></p> <p>A four hour program over two weeks designed to help people assess their alcohol use and possible barriers that prevent them from reducing their use.</p>	<p>Training Room 2 Level 1, 1 Moore St Canberra City</p> <p>Dates and times TBA</p>	<p>Free ACT Health Alcohol and Drug Program Ph: 6205 4515</p>
<p><b>SoSAFE! Training</b></p> <p>Provides an introduction for parents and carers to the SoSAFE set of visual tools to teach social safety and relationships to people with moderate to severe intellectual disability, and Autism Spectrum Disorder.</p>	<p>Venue, date and time TBA Please check website</p>	<p>\$255 includes SoSAFE! Manual</p> <p>Sexual Health and Family Planning Disability Team Ph: 6247 3077 <a href="http://www.shfpact.org.au">www.shfpact.org.au</a></p>
<p><b>Walking Groups Heart Support ACT</b></p> <p>Two walking programs in a friendly atmosphere for patients to improve their general fitness particularly after trauma such as heart event, stroke, etc.</p>	<p>Alfred Deakin High Gym Tues, Wed, Thurs 8 - 9am</p> <p>During school terms</p>	<p>Gold coin donation Heart Support ACT</p> <p>L Hartshorn Ph: 6282 4826</p>

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<b>Heart Foundation Heart Moves Classes</b> A low to moderate intensity group exercise program. Suitable for people who are starting out or getting back into exercise as well as people with a stable chronic disease such as heart disease and diabetes. Supported by ACT Health.	Venues, dates and times TBA	\$6 to \$11 per session depending on location  Heart Foundation Dianne Ph: 6269 2658
<b>Living a Healthy Life with Long-Term Conditions</b> A six week, two and a half hours per week course. The course covers: managing your symptoms including tiredness and pain, dealing with emotions, communicating with health professionals, adopting a lifestyle that prevents complications, action planning, problem solving and peer support.	Shout Office Bld 1 Community Centre Collett St, Pearce  Fridays 24 Feb, 2 , 9, 16 and 30 Mar  12noon – 2.30pm	Free  Arthritis and Osteoporosis ACT Ph: 6288 4244 <a href="mailto:info@arthritisact.org.au">info@arthritisact.org.au</a>
<b>Challenging Pain Workshop</b> Are you living with long term pain? The workshop aims to provide you with easy skills and techniques to manage your pain effectively. Run over two days, two and a half hours per day.	Grnd Fl Conference Room Grant Cameron Community Centre, 27 Mulley St, Holder  21 and 28 Mar or 22 and 29 May 9.30am – 12.30pm	\$15 member \$25 non member Arthritis and Osteoporosis ACT Ph: 6288 4244 <a href="mailto:info@arthritisact.org.au">info@arthritisact.org.au</a>
<b>Arthritis Support Group</b> Monthly support group for Arthritis sufferers.	Hellenic Club, Phillip Monthly 1 <sup>st</sup> Monday 10.30am – 12 noon	Free Arthritis and Osteoporosis ACT 6288 4244 <a href="mailto:info@arthritisact.org.au">info@arthritisact.org.au</a>
<b>Rheumatoid Arthritis/Sjogrens' Syndrome Interest Group</b> Monthly interest group covering information about Rheumatoid Arthritis and Sjogrens' syndrome.	Hellenic Club, Phillip Monthly 2 <sup>nd</sup> Thursday 10.30am – 12 noon	Free  Arthritis and Osteoporosis ACT Ph:6288 4244 <a href="mailto:info@arthritisact.org.au">info@arthritisact.org.au</a>
<b>Arthritis ACT Young Adults Interest Group</b> Monthly interest group for young adults with Arthritis.	Various Venues Monthly 2 <sup>nd</sup> Saturday 12 noon – 2pm	Free  Arthritis and Osteoporosis ACT Ph:6288 4244 Tara Ph:0403 285 245 <a href="mailto:info@arthritisact.org.au">info@arthritisact.org.au</a>
<b>Living a Healthy Life with Long-Term Conditions</b> A six week, two and a half hours per week course for people/carers with a chronic or long term condition. Learn strategies to manage your condition.	Venues dates and times TBA	Free  ACT Community Health Intake Ph: 6207 9977

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<b>ACT Walking for Pleasure Inc</b> Conducts group walks in Canberra and surrounding areas. Produces a quarterly newsletter.	Various locations Tuesday - Friday and Sunday 8.15am in Summer 9.15am in Winter	\$20 p/year \$10 p/year for partner ACT Walking For Pleasure Ph: 1300 799 719
<b>Free Lunch on Mondays</b> Regular free lunch in a friendly and supportive community centre. Open for low income earners and government housing tenants from Canberra's inner north. Recreational activity available for all ages. Just drop in.	Northbourne Community Centre Access from Forbes St Block 5, Northbourne Flats Northbourne Ave, Turner (From Civic: Northbourne Ave, 1 <sup>st</sup> bus stop on L past Haig Park pine trees) Mondays 12 noon – 4pm Closed Public Holidays	Free St Philip's Care St Philip's Anglican Church O'Connor Ph: 6161 7334
<b>Tuggeranong Community Lunches</b> Come together in the church building for a free lunch and a warm place for conversation and care. Food supplied through Ozharvest.	Tuggeranong Baptist Church, Jenke Cct, Kambah  Thursdays 12.30pm	No cost Tuggeranong Baptist Church 6296 1587
<b>Beautiful Me</b> A two-day group exploring women's journeys with body image, looking at culture, self-esteem and more.	Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City  Dates and times TBA Bookings essential	Free  WIRED Ph: 6248 8600
<b>Family Of Origin</b> A two-day group for women to do some personal work on family of origin issues, with a focus on growing up in a dysfunctional family.	Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City  Dates and times TBA Bookings essential	Free  WIRED Ph: 6248 8600
<b>Women's Relapse Prevention Group</b> A seven-week group providing practical strategies and offering topics like: self-esteem, stress and anger management, support systems, body image, relationships and more. Women can join the group at any stage in the seven-week cycle. Lunch provided.	Rm 3 Ground Floor Griffin Centre, 20 Genge St, Canberra City  Tuesdays 10.30am – 12.30pm No bookings required	Free  WIRED Ph: 6248 8600
<b>Walk and Talk Group - Gungahlin</b> A walking group for everyone. Suitable for all abilities. The group meets weekly. After the walk the group have a chat over a cup of coffee.	Venue dates and times TBA Thursdays 9.30am During school terms Ring for Term Program	Free Gungahlin Regional Community Service Alison Ph: 6123 4422
<b>Gentle Exercise Program</b> This program aims to improve the fitness, strength and balance of people over 50 years. People from culturally and linguistically diverse backgrounds are encouraged to participate.	Gungahlin Community Resource Centre, 47 Ernest Cavanagh St, next to Library  Mondays 10 – 11am	\$6 per class Gungahlin Regional Community Service Alison Ph: 6123 4422

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<p><b>Healthy, Body Healthy Mind Gentle Exercise Class for Women with a Mental Illness</b></p> <p>Gentle exercises which follow on from the Leisure Program Women's Group.</p>	<p>Belconnen Community Centre Chandler St, Belconnen</p> <p>Mondays 1.45 – 2.45pm</p>	<p>Free</p> <p>Light lunch provided</p> <p>Belconnen Community Centre</p> <p>John or Sally</p> <p>Ph: 6264 0232</p>
<p><b>GROW</b></p> <p>Small group weekly meetings providing mutual self help for anyone who has experienced depression, anxiety or other mental or emotional distress.</p>	<p>Venues, dates and times TBA</p>	<p>Free</p> <p>GROW ACT</p> <p>Kristen</p> <p>Ph: 6295 7791</p> <p>1800 558 268</p> <p><a href="http://www.grow.net.au">www.grow.net.au</a></p> <p><a href="mailto:act@grow.net.au">act@grow.net.au</a></p>
<p><b>Positive Links</b></p> <p>A social support group for people who have survived a stroke or other life changing experience that has left them with a physical disability.</p>	<p>Meeting Room 2, Belconnen Community Centre</p> <p>Fridays 10am</p>	<p>\$3 - \$4</p> <p>Belconnen Community Service</p> <p>Sue Ayles</p> <p>Ph: 6264 0200</p>
<p><b>BEST Club</b></p> <p>Belconnen Energetic Seniors on a Tuesday – a fun, informative group for seniors; men and women. Activities include: guest speakers, outings, celebration of significant days, entertainment and gentle exercise.</p>	<p>West Belconnen Leagues Club, Hardwick Cres</p> <p>Tuesdays</p> <p>10.30am – 1.30pm</p>	<p>\$3</p> <p>Belconnen Community Service</p> <p>Sue Ayles</p> <p>Ph: 6264 0200</p>
<p><b>Spanish Carer's Social Group</b></p> <p>For carers of people with a mental illness. Socialise and relax with gentle exercise, bingo and guest speakers. Share stories and experiences with other mature Spanish-speaking carers.</p>	<p>Tuggeranong Library Community Room</p> <p>Fortnightly on Wednesdays</p> <p>10.30am – 1pm</p>	<p>Free</p> <p>Mental Health Foundation</p> <p>Kate Ringe</p> <p>Ph: 6247 1936</p>