

Drop In Service

The Women's Centre 'trauma-informed' drop-in service is a safe and non-confrontational way for women to 'check-out' our service without having to commit to engaging in any program, intake, case management, group work or counselling service.

Intake /Crisis Response Service

This is a no appointment service which responds to the immediate needs of women.

A no appointment drop-in service counsellor is available each day

Groups

The Women's Centre offers a range of therapeutic groups and activities

You can support our work by making a donation at: www.givenow.com.au/thewomenscentre

All the money raised goes to directly support women escaping domestic violence, homelessness and sexual assault.

Opening Hours

Monday 9.00 - 4.45
Tuesday 9.00 - 4.45
Wednesday 9.00 - 12.30
Thursday 9.00 - 4.45
Friday 9.00 - 4.45



the women's centre

Ph 07 4775 7555

Fax 07 4779 2959

email: nqcws@thewomenscentre.org.au

www.thewomenscentre.org.au

Funded by Department of Communities, Child Safety and Disability Services

FREE Services

Counselling Service
Women's Health Service
Sexual Assault Support Service
Specialist Homelessness Service

Information and Referral
Shelter Referral
Ongoing Counselling
Therapeutic Groups
Workshops
Community Education
Drop in Internet and Telephone facilities
Donations - bread/clothes

No appointment needed to see the drop-in counsellor
For further information please contact the Women's Centre 4775 7555

Other Important Numbers

NQ Domestic Violence Resource Service (NQDVRS)
07 4721 2888

NQ Women's Legal Service
07 4772 5400

Women's Health Information Line
1800 017 676 Free Call

DVConnect Women's line
1800 811 811 - 24 Hrs Free call

Painting by Theresa Hammer

The Women's Centre acknowledges
the traditional custodians of the land



A Safe Space



The Women's Centre has provided crisis counselling and drop in services for more than 25 years.

Our service is a safe space for women in which we work pro-actively and respectfully with women and other agencies to provide an accessible, effective, integrated range of best practice based services to meet the complex needs of vulnerable women.

These services are highly valued by women and other government and non-government agencies. Our model of approach is based on women centered, non-oppressive practice models including trauma informed care, empowerment and multiculturalism to achieve the fairest and best possible outcomes for women.

Women's Health Service
Sexual Assault Support Service
Specialist Homelessness Service



Sexual Assault Support Service

The Women's Centre provides a crisis and ongoing counselling service to women who have experienced sexual assault.

Special interest and therapeutic support groups are offered as required.

Flexible, holistic and ongoing support and advocacy is offered in a culturally appropriate and safe environment.

An outreach counselling service is provided to

- Charters Towers
- Ingham
- Ayr
- Townsville Women's Correctional Centre

Sexual Assault Community Education and Primary Prevention information sessions can be delivered to businesses, community groups and schools on request.

Women's Health Service

The Women's Centre provides a range of services to facilitate the active participation of women in the management of their own health and wellbeing and to promote health equity between all women.

The Women's Health service works to contribute to key priority areas identified in the National Health Policy.

The Women's Centre provides a free counselling service in a space that is non-discriminatory, accessible and affordable.

Formal and informal referrals are accepted for issues related to women's emotional and mental health which may include:

women experiencing depression, anxiety, effects of trauma, domestic violence, relationship issues, eating disorders, pregnancy options, sexual identity issues.

The Health Counsellor may provide:

- Health information and advocacy
- referral to appropriate services
- Community education

The Health Counsellor may facilitate:

- Special Interest Groups
- Wellness Activities
- Crisis and ongoing counselling

Specialist Homelessness Service

The specialist homelessness service aims to provide support for women over 18 to transition out of homelessness into housing, or to provide support to prevent homelessness through providing emotional support and practical assistance to access and maintain housing.

The Homelessness Service also provides support and activities to women to reduce social isolation and build community connections.

A flexible service responding to the current needs of women and their children which includes service delivery within the women's centre, as well as mobile support in women's homes, temporary accommodation, in community settings and in public spaces is provided by the case management team.