

Other Services

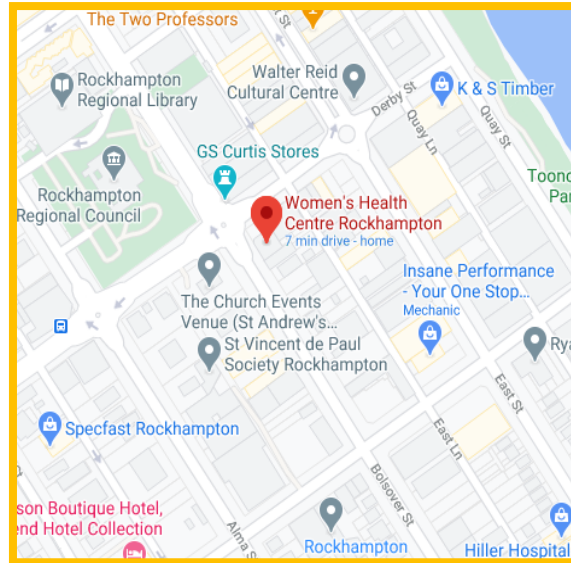
Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) offer tailored information sessions and workshops.

Some topics areas can include:

- Sexual Violence Awareness
- General Wellbeing
- Workplace Wellness
- Sexual Health and Wellbeing (puberty through to menopause)
- Self Esteem and Self Awareness

Minimum participant numbers are required. For further information please contact the centre on (07) 4922 6585.

Please note: Dates and times are correct at the time of printing.



225 Bolsover Street
Rockhampton

PO Box 472
Rockhampton QLD 4700

PH: (07) 4922 6585
1800 017 382

web:

www.womenshealthrockhampton.com

email:

reception@whccq.org.au

Find us on 

What's On



Workshops, Groups & Events

2025

Office Hours
Monday - Friday 9am—5pm

PH: (07) 4922 6585

1800 017 382

225 Bolsover St, Rockhampton

Ongoing Groups

Art & Craft Group

- Learn new art & craft skills
- Share your skills or art & craft with others
- Work on your art and craft projects whilst sharing
- Meet new people

Every Monday and Thursday
9:00 am to 10:30 am

Yoga with Elaine

Gentle yoga to soothe the body and mind. BYO water bottle.

Mondays
5:30pm to 6:30pm
Wednesdays
9:30 am to 10:30 am

Tai Chi

Beginners welcome—gentle exercise and simple dance routines.

Every Friday, except the 4th Friday of the month
10:30 am to 11:30 am

Mindfulness & Compassion Meditation

By Sama, a Buddhist nun in Theravada Tradition. BYO cushion, chairs provided.

Every Saturday,
4:30 pm to 5:30 pm

Workshops

Mindfulness and Self-Care

This session offers practical mindfulness skills and self-care strategies in a fun environment, aiming to build skills in staying present and looking after yourself.

Friday, May 23rd
9:30 am to 2.30 pm

Understanding Anger

A two-day session workshop where you can learn to recognise anger, learn practical anger management skills and how to deal with anger in a healthy and constructive way.

Tuesdays, July 22nd and 29th
9:30am to 2:30pm

Confidence Through Self-Awareness

A session for women who would like to improve their self esteem and develop a more balanced view of 'self'.

Friday, August 22nd
9:30am to 2:30pm

A gold coin or small donation would be appreciated for attendance unless otherwise stated.

To find out more, or register your interest in participating in a group, workshop or event please contact the centre on (07) 4922 6585 or reception@whccq.org.au

Events

Wellness Expo

"Where Wellness Matters"

FREE ENTRY

A showcase of supports and services that promote and protect the rights, interests and wellbeing of women and their families. Free activities. All community members welcome.

Rockhampton Leagues Club
Thursday, March 6th
10:00 am to 1:00 pm



DOMESTIC AND FAMILY VIOLENCE PREVENTION MONTH

Information Session

In conjunction with the QLD Domestic and Family Violence Prevention Month, Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) is hosting an information session (Free admission) with support services and other stakeholders. Everyone within the community is invited to attend this event.

Rockhampton Leagues Club
Thursday, May 29th
9:30 am to 1:00 pm

There's no place for coercive control in a healthy relationship

Find information and support
www.qld.gov.au/domesticviolence

Queensland Government