

## Other Services

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

Some topics areas can include:

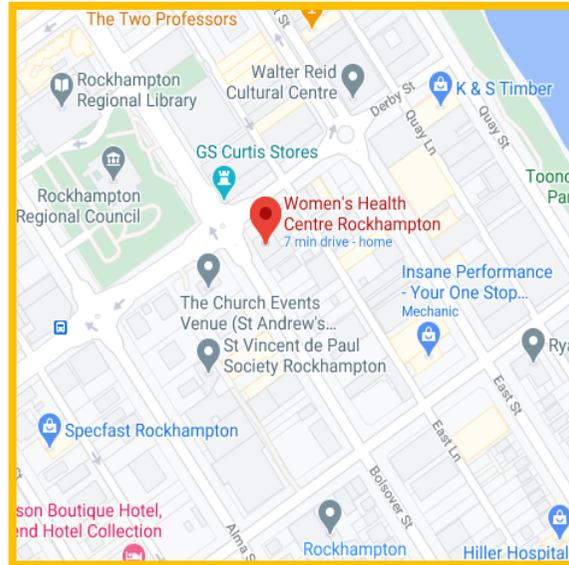
- Sexual Violence Awareness
- General Wellbeing
- Workplace Wellness
- Sexual Health and Wellbeing (puberty through to menopause)
- Self Esteem and Self Awareness

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.



Funded by Department of Families, Seniors, Disability Services and Child Safety.



225 Bolsover Street, Rockhampton

PO Box 472  
Rockhampton QLD 4700

PH: (07) 4922 6585  
1800 017 382

**web:**  
[www.womenshealthrockhampton.com](http://www.womenshealthrockhampton.com)

**email:**  
[reception@whccq.org.au](mailto:reception@whccq.org.au)

Find us on 

# What's On



## Groups, Workshops & Events

**January - June 2026**

**PH: (07) 4922 6585**

**1800 017 382**

**225 Bolsover Street, Rockhampton**

**Monday - Friday 9.00 am—5.00 pm**

## Ongoing Groups

### Arts & Crafts Group

- Learn new arts & crafts skills.
- Share your skills or arts and crafts with others.
- Work on your arts and crafts projects whilst sharing.
- Have a cuppa and meet new people in a relaxed environment.

**Mondays and Thursdays**  
**9:00 am to 10:30 am**

### Tai Chi

Beginners welcome—gentle exercise and simple dance routines.

**Fridays**  
**10:30 am to 11:30 am**

### Santasha Yoga with Amanda

A relaxing morning of yoga to soothe the body and mind. BYO water bottle.

**Saturdays**  
**10.00 am to 11.30 am**

### Mindfulness & Compassion Meditation with Sama

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

**Saturdays**  
**4:30 pm to 5:30 pm**

## Workshops

### 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.

**Wednesdays 22nd and 29th April—TBC**  
**9.30 am to 2.30 pm**

### Mindfulness and Self-Care

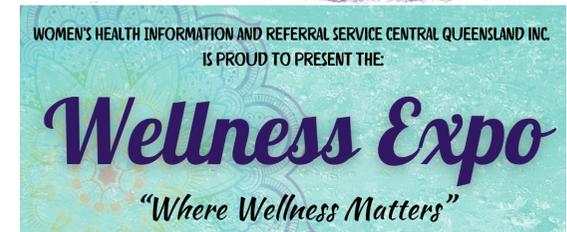
This session offers practical mindfulness skills and self-care strategies in a fun environment, aiming to build skills in staying present and looking after yourself.

**Friday 5th June**  
**9.30 am to 2.30 pm**

**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](mailto:reception@whccq.org.au)**

## Events



**FREE ENTRY**

A showcase of supports and services that promote and protect the rights, interests and wellbeing of women and their families.

**Rockhampton Leagues Club**  
**Tuesday, 3rd March**  
**10:00 am to 1:00 pm**

**DOMESTIC AND FAMILY  
VIOLENCE PREVENTION  
MONTH**  
*Information Session*

In conjunction with QLD Domestic and Family Violence Prevention Month, 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, 7th May**  
**10:00 am to 1:00 pm**