

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 the 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

email:
reception@whccq.org.au

Find us on 

What's On



Groups, Workshops & Events

June - December 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

Mindfulness & Compassion Meditation with Sama

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

Tuesdays
10.30 am to 11.30 am

Tai Chi

Beginners welcome—gentle exercise and simple dance routines.

Fridays
10:30 am to 11:30 am

Workshops

Building Resilience

A basic introduction to the foundations of resilience, this workshop is for anyone who has wondered how to 'bounce back' from hard times.

Wednesday 26th August
9.30 am to 2.30 pm

Confidence Through Self-Awareness

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

Wednesday, 21st October
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**

Events



A national celebration with the mission to empower women to feel confident, informed and supported in their health, no matter their age or life stage.

WHIRSCQ will have a display of in the reception with Jean Hailes information and resources, and information on Social Media.

**Monday 7th September to Friday 11th
September**

Sexual Violence Awareness Month

Reclaim the Night BBQ & Candle Light Ceremony

A **FREE** BBQ to honour those without a voice and to remember those whose voice has been silenced.

For further information or to RSVP please phone the Centre.

Friday, 30th October
5:15 pm for a 5.30 pm start