

## About COTA ACT

COTA is the peak organisation concerned with all ageing issues. It is an independent, non-party political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

COTA ACT is a member of the Australia wide organisation COTA Australia, through which it contributes to the development of national policies and agendas.

COTA talks to Governments, the media and the community about topics concerning older people in the ACT. We make regular submissions to government on current issues affecting older people.

As a member of several ACT government standing committees, 'round tables' and departmental groups, COTA has ongoing input into the advice going to government.

COTA also provides a range of services for Canberra citizens.

Become a member of COTA ACT and Belong, Benefit and Be Heard.

COTA ACT is a people before profit organisation with over two thousand individual members. Becoming a member both increases the effectiveness of COTA and provides information and direct benefits for you. Please contact COTA for more information on membership. Call 1300 1400 50 or visit [www.cotamembership.org.au](http://www.cotamembership.org.au).

## Contact Us

Council on the Ageing ACT  
Hughes Community Centre  
Wisdom Street  
HUGHES ACT 2605

PHONE: 02 6282 3777  
EMAIL: [contact@cotaact.org.au](mailto:contact@cotaact.org.au)  
WEB: [www.cotaact.org.au](http://www.cotaact.org.au)



## About This Brochure

This brochure is one in a series of topic specific service listings extracted from COTA (ACT)'s Directory of Services for the Ageing. The directory can be obtained at [www.cotaact.org.au](http://www.cotaact.org.au) or by contacting the COTA office.

Other brochures include:

- Learning Opportunities
- High Care Accommodation
- Respite Accommodation
- Ageing in Place Accommodation
- Low Care Accommodation
- Retirement and Self Care Accommodation
- Dementia Specific Accommodation
- Palliative Care and Accommodation
- Crisis Accommodation
- Respite Services
- Help Lines
- Transport
- Services for the Ageing
- Carer Services
- Dementia Services
- Hearing Services
- Women's Groups
- Senior's Groups and Activities
- Keeping Active
- Men's Services

© Council on the Ageing ACT  
Published: 13 May 2015

# Women's Groups and Services



Produced with assistance from ACT Health



### **BreastScreen ACT**

ACT Health, 1 Moore Street, CANBERRA CITY ACT 2601

**P:** 13 20 50

**E:** [breastscreen@act.gov.au](mailto:breastscreen@act.gov.au)

**W:** [www.health.act.gov.au](http://www.health.act.gov.au)

### **Chisholm Ladies Over 50 Friendship Group**

Chisholm Sports Club, Benham Street, CHISHOLM ACT 2905

**P:** 6292 9814

### **Country Women's Association - Canberra Branch**

GPO Box 456, CANBERRA ACT 2601

**P:** 6231 3289

### **Croatian Women's Association**

PO Box 6202, O'CONNOR ACT 2602

**P:** 6241 1214

### **Culturally and Linguistically Diverse (CALD) Women**

We work to improve the health and wellbeing of all ACT women

**P:** 6290 2166

**E:** [admin@wchm.org.au](mailto:admin@wchm.org.au)

### **Defence Widows' Support Group**

GPO Box 2272, CANBERRA ACT 2601

**P:** 6265 9496

**E:** [dws-g-act@dwa.org.au](mailto:dws-g-act@dwa.org.au)

**W:** [www.dfwa.org.au](http://www.dfwa.org.au)

### **Dragons Abreast ACT and Region**

PO Box 7191, YARRALUMLA ACT 2600

**P:** 1300 889 566

**E:** [canberra@dragonsabreast.com.au](mailto:canberra@dragonsabreast.com.au)

**W:** [www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)

### **Louisa Domestic Violence Support Service**

**P:** 6260 6551

### **Meetup**

**W:** <http://www.meetup.com/Canberra-Ladies/>

### **Multicultural Women's Advocacy Inc**

Room 28 Theo Notaras Multicultural Centre, 180 London Circuit, CANBERRA CITY ACT 2601

**P:** 6230 4632

**E:** [info@whs.org.au](mailto:info@whs.org.au)

### **Probus Association of Canberra & District Inc**

**P:** 6292 9592

**E:** [brian.gilmore@bigpond.com](mailto:brian.gilmore@bigpond.com)

**W:** [www.probus.com.au](http://www.probus.com.au)

### **Toora Women Inc**

PO Box 4038, WESTON CREEK ACT 2602

**P:** 6122 7000

**E:** [adminsUPPORT@toora.org.au](mailto:adminsUPPORT@toora.org.au)

**W:** [www.toora.org.au](http://www.toora.org.au)

### **Tuggeranong Valley Women's Neighbourhood Group**

Tuggeranong Youth Centre, Cnr Pitman and Holwell Streets, TUGGERANONG ACT 2901

**P:** 6293 6500

**E:** [seniors@commsatwork.org](mailto:seniors@commsatwork.org)

### **Women - Community Services**

ACT Office for Women

**P:** 6205 0515

**E:** [women@act.gov.au](mailto:women@act.gov.au)

**W:** [www.communityservices.act.gov.au/women/resources](http://www.communityservices.act.gov.au/women/resources)

### **Women With Disabilities ACT**

**P:** 6290 2166

**E:** [wwdact@wchm.org.au](mailto:wwdact@wchm.org.au)

**W:** [www.wchm.org.au](http://www.wchm.org.au)

### **Women's Centre for Health Matters Inc**

Pearce Community Centre, Collett Place, PEARCE ACT 2607

**P:** 6290 2166

**E:** [admin@wchm.org.au](mailto:admin@wchm.org.au)

**W:** [www.wchm.org.au](http://www.wchm.org.au)

### **Women's Health Service - ACT Government**

ACT Health, PO Box 825, CANBERRA ACT 2601

**P:** 6205 1078

**E:** [healthACT@act.gov.au](mailto:healthACT@act.gov.au)

**W:** [www.health.act.gov.au](http://www.health.act.gov.au)

### **Women's Information and Referral Centre**

**P:** 6205 1075

**E:** [wirc@act.gov.au](mailto:wirc@act.gov.au)

**W:** [www.wirc.act.gov.au](http://www.wirc.act.gov.au)

### **Womens Information Resources and Education on Drugs and Dependency (WIREDDD)**

Room 3, Gr Fl, Griffin Centre, 20 Genge Street, CANBERRA ACT 2601

**P:** 6248 8600

**E:** [wireddd@toora.org.au](mailto:wireddd@toora.org.au)

### **Women's Legal Centre Inc**

GPO Box 1726, CANBERRA ACT 2601

**P:** 6257 4377

**E:** [co-ordinator@womenslegalact.org](mailto:co-ordinator@womenslegalact.org)

**W:** [www.womenslegalact.org](http://www.womenslegalact.org)

### **Women's Services Network (WESNET)**

**P:** 6247 1616

**E:** [wesnet@wesnet.org.au](mailto:wesnet@wesnet.org.au)

**W:** [www.wesnet.org.au](http://www.wesnet.org.au)