

Canberra Ionian Club

Have you recently moved to Canberra, or into a new stage of life? Would you like more friendships with other women, fun activities, personal growth and community connection?

Join us!

PO Box 487
Woden

canberra@ionians.net

www.ionians.net

Canberra Multicultural Women's Forum (CMWF)

Representation and advocacy for the interests and concerns of women from multicultural backgrounds.

6262 7060

cmwforum@gmail.com

Chisholm Ladies Friendship Group

Friendship, meetings and social outings.

Vikings Club, Benham Street
Chisholm

6292 9814

Country Women's Association - Canberra and Belconnen Branches

Meet each Friday from 10:00am

8 Barry Drive
Canberra

6291 6942 or 6258 6505

Croatian Women's Association

A social organisation which runs various cultural functions.

O'connor

6241 1214

Defence Widows' Group

To advocate, campaign and provide services on behalf of serving, retired personnel.

GPO Box 2272
Canberra

6265 9496

dwg-act@dfwa.org.au

www.dfwa.org.au

Dragons Abreast ACT and Region

Breast cancer survivors who enjoy the fitness, camaraderie and fun involved in paddling together in a dragon-boat crew of 22 on Lake Burley Griffin. All ages welcome.

Canberra Yacht Club
Mariner Place
Yarralumla

1300 889 566

office@dragonsabreast.com.au

www.dragonsabreast.com.au

Embroiderers' Guild ACT

ACT Sports House
100 Maitland Street
Hackett

6262 8035

www.embroiderersact.org.au

Fernwood Women's Gym Canberra

A gym run by women for women.

131 Citiwalk
Canberra

6247 7666

www.fernwoodfitness.com.au

MARSS Australia Inc

Migrant and Refugee Settlement Services

Whoever you are and wherever you come from, MARSS will help you with your settlement and all aspects of your life in Australia.

180 London Circuit
Canberra

6248 8577

info@marss.org.au

www.marss.org.au

Meetup

Womens' social meetups in Canberra.

www.women.meetup.com>cities>canberra

Multicultural Women's Advocacy Inc ACT Community Services

An advocacy, advisory, and lobby group that focuses on the needs of women from culturally and linguistic diverse (CALD) backgrounds.

Level 2, North Building,
180 London Circuit
Canberra

6230 4632

Northside Community Service

Aged and disability services. Case management, community transport for medical and related activities, centre based social groups and volunteer social support.

2 Rosevear Place
Dickson

6171 8000

reception@northside.asn.au

www.northside.asn.au

Probus Association of Canberra and District

Ladies Probus clubs in Canberra: Canberra Lakes, Weston Creek, Canberra North and Canberra South. Check online to find details.

www.probusouthpacific.org

Probus Association of Canberra and District Inc

Probus is all about friendship, fellowship and fun in retirement. Probus provides you with the opportunity to join together in clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community.

1300 630 488

admin@probusouthpacific.org

www.probusouthpacific.org/tags/ACT

Toora Women Inc

Supports women with complex issues.

Jamison Centre

6122 7000

tooraadmin@toora.org.au

www.toora.org.au

Women With Disabilities ACT

Advocacy and peer support.

0468 324 695

www.wchm.org.au

Women's Neighbourhood Group - Gungahlin

A friendly, informal social group for women of all ages.

Raiders Club
23 Hibberson Street
Gungahlin

1300 212 273

Women's Neighbourhood Group - Tuggeranong

A friendly, informal social group for women of all ages.

Tuggeranong Youth Centre
Corner Pitman and Holwell Streets
Greenway

1300 212 273 / 6293 6500

Women's Social DIY Group

Sanctuary Aus, in partnership with Bunnings Belconnen. First Wednesday every month. Bookings must be made one week ahead.

15 Lathlain Street
Belconnen

0438 875 937 / 0400 158 105

info@sanctuaryaus.org.au

www.sanctuaryaus.org.au

Yerrabi VIEW Club Gungahlin

A network for women to connect with each other in the community, while supporting the work of The Smith Family in providing long-term educational support for Australian children and young people in need. Meets 3rd Thursday each month at Eastlake Gungahlin Club.

Gungahlin

0412 617 085

june3@iinet.net.au

www.view.com.au



This brochure is one a series of topic-specific service listings extracted from COTA ACT's Directory of Services for the Ageing.

Other brochures include:

Residential Aged Care in Canberra
De-cluttering, Downsizing and Home Modifications
Respite Services
Transport
Dementia Services
Hearing Services
Seniors' Groups and Activities
Keeping Active
Men's Health and Services
Activities for Grandparents
Computer Classes and Assistance
Financial and Legal Services
Support in Your Home
Retirement Villages in Canberra
Men's Sheds
Women's Health and Services

COTA ACT has acted in good faith in providing this information and cannot endorse or recommend any particular organisation in this brochure.

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About COTA ACT

Council on the Ageing (COTA) ACT is an independent, non-party political and nonreligious 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.

Please contact COTA ACT for more information on membership.

Call **(02) 6282 3777** or visit **www.cotaact.org.au**.



AUSTRALIAN CAPITAL TERRITORY

Representing the interests
of older Canberrans



**Hughes Community Centre,
Wisdom Street, Hughes**
(next to the Hughes shopping centre)



(02) 6282 3777



**contact@cotaact.org.au
www.cotaact.org.au**

Women's Groups

