

What's on at Bloomhill Weekly Program



Bloomhill receives no government funding, and relies on the support of our local community to offer all services. While we identify co-payment amounts that help us provide these services, NO CLIENT will be refused access to service due to financial distress. Please talk to your nurse confidentially if you require support to access services that you feel will benefit your recovery.

Groups/Workshops	Days	Access
Art Therapy Group Drop In Sessions	Wednesday 11.30am - 1.00pm	Group Pass or \$10.00pp per session
Art Therapy 6 Week Program	Friday 9.30am-11.30am <i>check calendar for dates</i>	
Wellness Program	Monthly guest speakers covering a variety of topics <i>check calendar for dates & topics</i>	Complimentary

Support Groups	Days	Access
Secondary Breast Cancer	<i>Check calendar for dates</i> 10.30am-11.30am	Complimentary
Gynae Cancer Support Group	Second Tuesday of the month 1.00pm	
Brain Tumor Support Group	Last Friday of the month 10.30am	

Mind and Body	Days	Access
Circuit Exercise	Monday, Wednesday & Friday 10.00am – 11.00am <i>(General Circuit)</i> Tuesday & Thursday 6.30am – 7.30am <i>(Advanced Circuit)</i> Wednesday – 9:00am-10:00am <i>(Pulmonary Rehab)</i>	Group Pass or \$10.00pp per session
Circuit Exercise for Men	Tuesday 8.00am – 9.00am Friday 11:00am - 12:00noon	
Meditation	Monday 11.30am – 12.30pm Wednesday 2.00pm - 3.00pm Thursday 10.30am – 11.30pm	
Tai Chi	Monday 7.30am – 8.30am <i>(commencing 8 May 2017)</i>	
Yoga	Tuesday 9.00am - 10.00am Thursday 9.00am – 10.00am	

Touch Therapies	Days	Cost
Acupuncture	Monday, Thursday & Friday	\$55.00
Manual Lymphatic Drainage	Monday, Tuesday, Wednesday & Thursday	\$45.00
Massage	Monday, Tuesday, Wednesday, Thursday & Friday	
Reflexology	Tuesday, Wednesday, Friday	

One on One Support	Days	Cost
Counselling	Tuesday, Wednesday, Thursday	Complimentary
Art Therapy	Wednesday	
Dietetics	Monday	
Exercise Physiology	Monday, Tuesday, Wednesday & Thursday	Medicare bulk billable with GP Referral
Psychology	Friday	