

Women's Health Clinics

Goulburn Valley & North East Victoria

Where to access information on Contraception, Well Women's Clinics, Ante-natal/Pre-natal classes, Termination Options, Reproductive Choices, Health Screens, Pap Clinics & other Health Issues.

Agencies	Address/Phone	Key Services
Benalla Community Care	45 Coster Street Benalla (03) 5761 2200	Community Health Nurse provides some sexual health services. Approx. \$8.80 for Pensioners & Health Care Card Holders. Mon to Fri 8.30am – 5 pm. Appointment necessary.
Community Health Mansfield	10 Bank Place Mansfield (03) 5775 1933	Community Health Nurse available Tues and Thurs. Other services include: dietician, diabetes educator, generalist & grief counsellor, occupational therapist, speech therapist and Quit educator. McGrath Breast Care Nurse available monthly. Appointments necessary. Some fees Apply. Lymphadenoma Support Group 3rd Wed Month@ MACE.
Nexus Primary Health Broadford	72 Ferguson Street Broadford (03) 5784 5555	Well Women's Clinic, Pap Smear Tests, run on an "as needs" basis. Community Health Nurse available for Menopause, Sexual Health and other issues. Appointment necessary. Free service.
Nexus Primary Health - Wallan	Multi-purpose building 42-80 Betnick St Wallan (03) 5784 5555	Outreach services available. Appointment necessary. Free service.
Indigo North Health	11 Main Street Chiltern (03) 5726 1405	Well Women's Clinic run every three months by a Women's Health Nurse. Appointment is 30 minutes and covers pap smear tests, contraception, menopause, breast care and all women's health issues. \$9.10 charge. Appointment necessary.
Cobram Medical Clinic	Charles Street Cobram (03) 5871 1433	Three female doctors. Bulk billing may be available. Appointments necessary. Emergencies walk in.
Cobram Community Health	(03) 5871 0900	Women's Health Nurse available-ring 0358710900 (direct line) for service details.
Corowa Community Health (covering Mulwala also)	115 Sanger Street Corowa (02) 6033 7555	Monthly Women's Health Clinic run by Women's Health Nurse – pap smears, breast tests, menopause, contraception, PMT, sexually transmitted illnesses, pregnancy testing and/or counselling. Ring to book and for next date. Alternate month Women's Health Clinic is held at Shire offices in Mulwala and Corowa . Ring Corowa Community Health to book. Drug and Alcohol Counselling available. Mon, to Fri 8.30am–5pm. Appointments necessary for all services. All services free.
Corryong Medical Centre (Upper Murray Health)	Kiell Street Corryong (02) 6076 3290	Women's Health Practice Nurses available. Visiting female GP every 6-8 weeks. Visiting female counsellor. Mon to Fri 9am-5pm. Appointment necessary. Bulk billing available.
Euroa Medical Clinic	90 Binney Street Euroa (03) 5795 2011	Female GP available Tues, Wed, Thurs & Fri. Bulk billing for Pensioners, Health Care Card holders and children 16 and under. Hours 8.30am-6pm. Appointment necessary.
Myrtleford – Ovens & King Community Health Service	32 Smith Street Myrtleford (03) 5731 3500	Sexual/Reproductive Health Nurse avail Mon and Wed for pre and post HIV/Hep C test counselling, pap test, unplanned pregnancy counselling, and other women's health issues and referrals if required. Free service. Community Health Service open from Mon to Thursday 9am-5pm, Fri 9am-4pm. Alcohol, drug & generalist counsellors available. Appointment necessary for all services.
Numurkah Community Health Service	Cnr Katamite & Melville Street Numurkah (03) 5862 0560	Women's Health Nurse - every Tues 9am-5pm provides advice and information on women's issues. Community Mid Wife - Mon & Thurs - 8.30am-5pm. Youth Clinic - alternate Tues 1pm-4pm. Free service. Appointments preferred.

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Specialist Clinics Continued		
Indigo North Health (Rutherglen)	168 High Street Rutherglen (02) 6033 6200	Well Women's Clinic is run every third month by a Women's Health Nurse. Each appointment is 30 minutes and covers pap tests, contraception, menopause, breast care etc. Appointment necessary. \$9.10 charge.
Seymour Women's Health Clinic (Part of Seymour Hospital)	Bretonneux Street Seymour (03) 57358050	Well Women's Clinic run on 1 st Monday of the month 9am-4.30pm. One-on-one consultation with a Health Nurse service includes pap tests, breast checks, contraception advice and all other women's health issues. Free Service. Antenatal Clinic Thurs 9am-4pm. Free Service. Antenatal Classes (ring Seymour Hospital to book for classes on 0357358050). Appointment necessary for all services.
Primary Care Connect (Shepparton)	399 Wyndham Street City of Greater Shepparton (03) 5823 3200	Counselling (Generalist, Drug & Alcohol and Gambling) available. Family Violence Workers. Refugee Health Nurse. Community Nurse is currently unavailable for Women's Health issues – clients referred to Bulk Billing Clinics in the area. Nixon Street Medical Centre 03 5822 1000 (46 Wyndham Street); Market Place Medical Centre 03 5822 2677 (Shepparton Market Place).
Tallangatta Health Service	25 Barree Street Tallangatta (02) 6071 5200	Community Health Nurse for pap tests, contraception information, pregnancy testing. Referrals as required. Women's Health Clinic run as needed. Ring for times and locations. Includes Adolescent Health. Free Service. Appointment necessary. Bring Medicare card. Clinics also run at Mitta & Bellbridge – ring 026015200 for info.
Hume Corridor Community Health Outreach Service Violet Town	Cowslip Street Violet Town (03) 5736 6366	Women's Health Nurse available for pap tests, contraception advise and other women's health issues- Tues and Wed. Male doctor avail Mon to Thurs – 8.30am-5pm; Fri 8.30am-12.30pm. Bulk Billing Available. Appointment necessary for all services.
Ovens and King Community Health	90-100 Ovens Street Wangaratta (03) 5723 2000	Two female doctors available. Mon to Fri 9am-4.30pm. Services include: contraception, pregnancy testing, pregnancy care, morning after pill, infertility assessment, sexually transmitted illnesses screening, breast checks, menopause management, hormone replacement therapy, pap smears and any other women's health issues, information and referrals. Bulk Billing. Bring Medicare Card/Health Care Card or Concession Card. Appointment necessary. No after hours care.
Ovens and King Community Health – Women's Health Nurse	90-100 Ovens Street Wangaratta (03) 5723 2000	A trained Sexual and Reproductive Health Nurse is available for pre and post HIV/Hep C test counselling, pap tests, unplanned pregnancy counselling, sexually transmitted illnesses and information on many women's health issues and referrals as required. Times vary. Free service. Appointment necessary.
Women's Centre for Health and Wellbeing Albury-Wodonga	643 Olive Street Albury (02) 6041 1977	Women's Health Clinic held on 2 nd Wed of each month 9.30am-4pm. Nurse provides: pap tests, sexually transmitted illnesses screening, menstrual, menopause, breast health, pregnancy issues, indigenous health, lesbian health and stress. Counselling and Group Work Programs held on issues depending on demand. Rape Crisis Group for adults who experienced childhood sexual assault- Thurs. Open Mon-9am -2pm, Tues to Thurs-9am-5pm. All services are free. Appointments necessary for all services.
Yarrowonga Community Health Centre	30 Piper Street Yarrowonga (03) 5743 8500	Community Health Nurse: provides pregnancy tests, counselling, STI counselling, breast health checks and info and education on other women's health issues- Tues and Fri. Open Mon to Fri 8.30am- 4.30pm. No Bulk Billing. Cost \$10. Generalist counselling available - free service. Appointments necessary for all services.

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Specialist Clinics Continued		
Border Family Planning Clinic	596 Smollett Street Albury (02) 6058 1866	Services available include pap smears, breast checks, contraception advice, pregnancy testing, termination counselling, infertility investigation, screening and treatment of sexually transmitted illnesses including, menstrual problems, menopause counselling and advice and sexual counselling. Staffed by female doctors and nurses. All services are completely confidential. Ring for opening times Bulk Billing for most services. Appointment necessary for first visit.
Mungabareena Aboriginal Corporation - Wodonga	21 Hovell Street Wodonga (02) 6024 7599	Referral based services-linkages to both Aboriginal and mainstream services. Koorie maternity support worker and Domestic Violence support worker. Ring for more information. Mon to Fri 9am–5pm. Free services. Appointment necessary.
Albury Wodonga Aboriginal Health Service	644 Daniel St Albury (02) 6040 1200	Transport to Community Health available for those who have no transport. Clinic Nurse provides health checks and general information on women's health issues. Generalist counsellors available. A female doctor is usually available. Mon to Fri 9am to 5pm. Bulk Billing available. Appointment necessary.
Yackandandah Medical Centre	17 Wellsford Street Yackandandah (02) 6027 1789	One male GP. Mon 2pm-5pm. Wed 10am-1pm. Sat 10am-1pm. Bulk Billing is available. Appointment necessary.
Yarrowonga- Denis Medical Group	10 Woods Road Yarrowonga (03)5744 1777	Women's Clinic with female doctor, Tues from 2pm. No Bulk Billing for this service. Pap tests by Practice Nurses every 2 nd Tues. Bulk Billing Available. Appointment Necessary for all services.
Yea Medical Centre	20 Miller St Yea (03)5736 0444	Female GP Mon to Fri 9am-5pm. Bulk Billing available. Appointment necessary.
Breast Screening		
Breast Screen Victoria	Permanent Site: Shepparton. Mobile: Seymour, Broadford, Mansfield, Alexandra, Wangaratta, Yarrowonga, Myrtleford, Tallangatta Ring for appointment- 13 20 50 www.breastscreen.org.au	Breast Screen provides Breast X-Ray Screening at centres and 23 mobile sites throughout Victoria. Specialised strategies are implemented for groups of women who might be less likely to take advantage of the service. These include rural women, women of non-English-speaking backgrounds and Indigenous women. Appointment necessary. Free Service.
Glenview Community Health Boob Bus	Rutherglen & Chiltern (02) 6033 6200	Bus travels to Albury for mammograms every six weeks. Ring to make an appointment. Charge of \$7.00 for bus can be waived.
Community Care Benalla - Boob Bus	Benalla (03) 5761 2200	Bi-monthly bus from Benalla to Shepparton for free mammograms. Appointments necessary.
Hume Corridor Community Health Outreach Service Violet Town	Violet Town (03) 5736 6366	An "as needed" bus from Violet Town to Shepparton for free mammograms. Ring to find out next date and to book.

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Counselling and Emotional Support for Women		
Women's Centre for Health and Wellbeing Albury Wodonga	643 Olive Street Albury (02) 6041 1977	Individual counselling & group work held on issues such as domestic violence and childhood sexual assault. Generalist and Family Violence Counsellors available. Tues, Wed, Thurs and Fri 10am-4pm. Free service. Appointment necessary.
Berry Street Victoria Seymour	52 Station Street Seymour (03) 5799 0039	Support for young women. Ring for information on programs available (age limit up to 25 years old). Appointment necessary. Free service.
Indigo North Health Rutherglen & Chiltern	168 High Street Rutherglen (02) 6033 6200 11 Main Street Chiltern (03) 5726 1405	Female Generalist Counsellor available Mon, Tues, Wed 8.30am - 5pm. Free service. Appointment necessary.
Corowa Community Health	115 Sanger Street Corowa (02) 6033 7555	Female Drug & Alcohol Counsellor available. Ring for times. Appointment necessary for all services. All services free.
Primary Care Connect	19 Wellsford Street Shepparton (03) 58237000	Child and family support. Peri-natal Support Group. Appointments preferable. All services free.
Ovens & King Counselling & Support Services Clinic	90-100 Ovens Street Wangaratta (03) 5723 2000	Ring Intake Worker for appointment and referrals. Mon to Fri 10am-4pm.
Yarrowonga Community Health Centre	30 Piper Street Yarrowonga (03) 438500	Generalist and Specialist counsellors available. Mon to Fri 8.30am-5pm. Counselling Free Service. Outreach to Cobram-ring Yarrowonga for appointment.
Nexus Primary Health Broadford	72 Ferguson Street Broadford (03) 5784 5555	Female counsellors available. Appointments necessary. Free Service. New clients please call 1300 733 352.
Relationships Australia	634 Wyndham Street Shepparton (03) 58207444	Female counsellors available. Mon, Wed and Thurs 9am-5pm Fees based on income. Fees commencing at \$30.
Marian Community Domestic Violence Service	Shepparton (03)58219458 AH - 1800 015 188	Female workers. Provide outreach service. Self referral or referral through other services. Mon to Fri 9am-5pm. Appointment necessary. Free service.
Sexual Assault		
Sexual Assault Crisis Line Victoria.	Free call in VIC from landlines. Return call service to mobiles. 1800 806 292	24 Hour crisis assistance for victims of sexual assault.
Rape Crisis Centre- NSW.	Free call in NSW from landlines. Return call service to mobiles. 1800 424 017	24 Hour crisis assistance for victims of sexual assault.
Sexual Offences and Child Abuse Unit (SOCAU)	Wangaratta Police-(03)57230888 Benalla Police-(03)57621811 Seymour Police-(03)57350216 Wodonga Police-(02)60492600 Shepparton Police-(03)58205777	Investigation of sexual assault against children and adults and physical abuse involving children. Available after hours for <u>urgent</u> matters.
Goulburn Valley Centre Against Sexual Assault	Shepparton, Seymour, Yea, Cobram, Alexandra & Nagambie (03) 5831 2343 - 1800 112 343	Counselling for survivors of sexual assault and non-offending family members. Secondary consultations. Appointments may be required. Free service.
Upper Murray Centre Against Sexual Assault and Family Violence Service	Wangaratta & Shires of Delatite, Alpine, Wodonga, Towong, Indigo, Mansfield (03) 5722 2203 -1800 806 292	Counselling for survivors of sexual assault and non-offending family members. Some court support and secondary consultations. Free service.
Options and Information		
WIRE – Women's Information Support and Referral Exchange	210 Lonsdale St Melbourne Victoria 1300 134 130 inforequests@wire.org.au www.wire.org.au	Information and referral service run by women for women. Phone and Email Support Service, and walk-in Women's Information Centre. Website with multiple links to regional information. Mon to Fri 9am- 5pm. Free service.
Women's Health Goulburn North East	Hume Region (03) 5722 3009 whealth@whealth.com.au www.whealth.com.au	Contact details for local services. Website for health information and other regional services available. No Interest Loans (NILS) for women only. Open Mon to Fri 9am – 5pm. Free service.
Women's Health Information Centre (at the Royal Women's Hospital)	Cnr of Flemington Rd & Grattan St. Parkville Vic Victoria-1800 442 007 whic@thewomens.org.au www.thewomens.org.au	Information, individualised support and referral options. Experienced women's health nurses and midwives are available by telephone or email; or at the centre for one-on-one support and advice. Free service. Open Mon to Fri 9am – 5pm.

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Agencies	Address/Phone	Key Services
Reproductive Choices / Termination Options		
<p>Some pregnancies planned or not, can create complicated emotions. This can cause difficulty in making a decision about what to do. Alternatively, you may have already made your decision and be seeking more information or a referral to a clinic or hospital. At this time, it is very important to know that this decision belongs to you, the pregnant woman, and that every woman has the right to make decisions about her body and to find out about all 5 options available to you: parenting, termination, adoption, and temporary or permanent fostering. It is also important that you can talk about what services and support will be available to you afterwards.</p> <p>Pregnancy choices counselling can be a helpful way of talking through your decision with a professional who is trained to do this, who is not involved in your life, someone who can listen and talk with you about all of the options available to you, and who can provide tools to use for decision-making, especially in crisis. The services listed below can help and are women centered, unbiased, and will give you the chance to ask questions about the options available to you.</p> <p>Key questions are good to make sure you are being given all the information, as there can be services who look great on paper or on the internet but who have a particular bias. Questions could be:</p> <ul style="list-style-type: none"> - Is this person talking from a neutral viewpoint, listening to me and letting me explore all of my choices? - Am I being given accurate and factual information about all 5 choices available to me, and any risks or consequences? - Am I being given accurate information about what stage my pregnancy is at and developmental levels? - Am I being given practical information about decision-making strategies and tools, with full information such as where to go, who to talk to, phone numbers of hospitals / termination facilities and how to access (emergency) contraception? <p>Good internet sites that can help - http://www.childrenbychoice.org.au/ , http://www.fpv.org.au , http://www.fpnsw.org.au/</p>		
Ovens & King Community Health Service	90-100 Ovens Street Wangaratta (03) 57232 000	Terminations not provided but will make a referral. Female GP and Sexual Health Nurse available for counselling and advice. Ring for times. Fee \$10 or \$6.50 with concession card. Appointment necessary.
Albury Community Health Centre Women's Health Nurse- Brigitte Weber	596 Smollett Street Albury BH: (02) 6058 1825	Terminations not provided but will make a referral. Free pregnancy tests and pregnancy choices counselling & support, sexually transmitted illnesses screening & pap testing. Referral and advice on accessing other services. Telephone and outreach counselling available-Tues to Fri. Community Health Centre open Mon to Fri 8.30am-5pm. Drop-In Service Thurs 10am-3pm. Free service. Appointment necessary (except for Drop-In Service).
Border Family Planning Clinic Ltd	596 Smollett Street Albury (02) 6058 1866	Terminations not provided but will make a referral. Contraception information, pap smears, STI screening and pregnancy counselling provided. Doctor available one evening a week. Ring for times. Bulk Billing available. Bring Medicare Card. Appointment necessary.
Family Planning Victoria	(03) 9257 0100 901 White Horse Road Box Hill. Under 25's Clinic (03) 96544766 1800 013 952 Level 1 – 92-94 Elizabeth St Melbourne. www.fpv.org.au	Terminations not provided but will make a referral. Specially trained nurses provide one hour consultation re pregnancy choices and doctor provides half hour consultation following this, if required. This initial session can make the procedure cheaper when women go to a clinic. Admin Fee-\$35.00 for adults, \$10.00 for Health Care Card holders or students. These fees are payable only once annually no matter how many visits. Box Hill Clinic open Mon to Fri 9am-12am by appointment or Drop In open Mon to Fri 1pm-4pm. Service free to under 18's. Under 25's Clinic open Mon to Fri: Drop In open Mon to Fri 11am- 6pm. Appointment required for pregnancy choices consultation.
Reproductive Medicine	1144 Pemberton Street Albury (02) 60412677 giltrap@reproductivemedicine.com.au www.reproductivemedicine.com.au	Referral needed. Terminations performed at no more than 6-8 weeks gestation. Counselling provided. Termination procedures are generally done on a Friday. There are limits on driving after an anaesthetic, please check with this service. Required to stay at the Clinic for 2 ½ hours after procedure. Take Blood Group type. Public: \$825 after Medicare claim. Private: Depending on Health Fund. Mon to Fri 9am-5.30pm. Appointment necessary.
Fertility Control Clinic	586 Englehardt Street Albury 1800 809 013 (02) 6021 0077 clinic@iprimus.com.au www.fcc.com.au	No referral required. Terminations performed up to 12 weeks gestation. Country patients can travel home the same day, but there are limits on driving after an anaesthetic, please check with this service. The clinic has a 24-hour call service for urgent post-operative problems. Counselling after the operation can be arranged also. Mon to Fri- 8.30am-4.30pm. Public: \$350 after Medicare claim. \$300 for concession card holders. \$700 if no Medicare card. Some flexibility on price.

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Reproductive Choices / Termination Options		
Fertility Control Clinic	118 Wellington Parade East Melbourne (03) 9419 2922 1800 809 013 Ring- 8am- 5pm clinic@jprimus.com.au www.fcc.com.au	Referrals preferred but not essential. One day termination procedure available for rural women under 12 weeks (arrive 9.30am to see counsellor, doctor and have a blood test). General anaesthetic in theatre, recovery time 4 hours total. There are limits on driving after an anaesthetic, please check with this service. Sat morning appointments available. Two day procedure for rural women between 12-16 weeks. Fees start from \$320 (Sat-\$350) and are calculated according to gestation, for full cost details contact the clinic. Health Care Card accepted. (Some payment flexibility if financial difficulties). Arrangements in place with most private funds & will bill direct to fund.
Women's Clinic	129 Cleeland St Dandenong (03) 97924622 Mon – Fri 8am-5pm. www.womensclinic.com.au	No referral required. Terminations performed up to 16 weeks. Initial assessment essential (this can be done by phone), followed by a booking for termination of pregnancy, if required. Women can book in for counselling and termination procedure on one day. Nurse will phone prior to the day to obtain medical history. There are limits on driving after an anaesthetic, please check with this service. There is 24-hour phone access to the procedural doctor prior and after the procedure for any emergency advice required. Wed to Fri mornings—all early appointments. Terminations at between 6-11 weeks cost: Private -\$300.00 For holders of Health Care/Pension Cards and over 11 weeks please enquire for costs. Out of pocket expenses will vary depending on private health insurance policy, contact the clinic for details.
Pregnancy Advisory Service at the Royal Women's Hospital	Cnr Flemington Rd & Gratton St Parkville (03) 8345 3063 Mon-Fri 9.30am-4.30pm www.thewomens.org.au	May need referral. Appointments essential. Terminations performed up to 16 weeks. Free counselling provided. There are 2 visits, one to see the doctor and talk through the options regarding the pregnancy and the second for the procedure to be organized within a few days (possibly arranged for the same day or following day for country women). There are limits on driving after an anaesthetic, please check with this service. Advocacy and support available. Private; \$310.Public; Free (very limited places). HCC holders, students and financially disadvantaged; \$120 after Medicare claim. (Fee negotiable if financial difficulties). Rooms are available at the hospital for overnight stays at \$31.00 - \$35.00 and someone else can also stay. Childcare during the days is available but would need to book ahead (fee applicable). Unplanned Pregnancy Decision Making Guide -available at: http://www.thewomens.org.au/Awomancentreddecisionmakingguide
Hampton Park Women's Health Care Centre	2-4 Warana Drive Hampton Park Vic,3967 (03) 9799 2817 office@hpwh.com.au www.hpwh.com.au	Referral not required. Terminations performed up to 12 weeks gestation. Counselling provided. There are limits on driving after an anaesthetic, please check with this service. Open Mon to Fri 7.20am-8.30pm. After Medicare claim with Health Care Card-\$285. After Medicare claim without Health Care Card-\$330. No Medicare card-\$725.
Marie Stopes International	338 Dandenong Road East St Kilda, Vic. 1800 003 707 www.mariestopes.org.au u for Abortion Web Chat	Counselling provided. Two to three hours recovery time. There are limits on driving after an anaesthetic, please check with this service. Less than 12 weeks gestation costs are as follows: After Medicare claim with Medicare Card-\$395, After Medicare claim with Health Care Card-\$330. No Medicare Card-\$945. Fees increase with increased gestation period. Open Mon Wed & Fri 7.30am- 1pm. Abortion Web Chat allows people to chat live on line for abortion info.
Dr. Marie's Maroondah	411-415 Dorset Road Croydon, Vic (03) 9724 9377 admin@mariestoped.org.au u www.mariestopes.org.au u	Second trimester terminations available. Referral letter from doctor not essential, unless over 16 weeks gestation. Counselling provided. Expected length of stay approximately 4 to 5 hours. There are limits on driving after an anaesthetic, please check with this service. Cost of termination increases with increased gestation period starting at \$395. Open Tues to Thurs 6am-1pm.

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