



## HEALTH PROMOTION

Ballarat Community Health provides information and programs for the community, promoting healthy lifestyles.

### Health Promotion

- Seminars
- Workshops
- Displays
- Community programs
- Workplace information

## PARTH

Participation, Access, Resources & Training on Homelessness

## SFYS

School Focused Youth Services

## PODS

Providing Opportunities and Developing Services for Young Parents.



### Ballarat City Centre

710 Sturt St

### Ballarat East Centre (APROTCH)

Cnr Queen St & Dyte Pde

### Sebastopol Centre

260 Vickers St

### Wendouree Centre (Cooinda)

10 Learmonth Rd

### Administration

PO Box 1156, Bakery Hill VIC 3354

**T** 5338 4500

**F** 5331 5470

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

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

Ballarat Community Health Centre Inc. (Reg No A0027447C)

Quality, affordable  
**health care &**  
**health promotion**

Promoting health and well-being and preventing illness throughout Ballarat and the region

## OUR MISSION

In partnership with the community, **promoting health and wellbeing and preventing illness** in Ballarat and the region."

### Ballarat Community Health exists to:

- Promote health and wellbeing in the community
- Provide quality and affordable health care

### Confidential Services

All information provided by you will remain **confidential** within the organisation, unless express permission is obtained.

### Fees

Ballarat Community Health is committed to providing quality services at a minimal cost. No client will be denied service as a result of his or her inability to make payment.

To find out how Ballarat Community Health might be able to assist you in reaching your full health potential, drop in to any of our sites or call our central number

**T: 5338 4500**

## HEALTH SERVICES

Ballarat Community Health offers an extensive range of health services to individuals and families.

### Community Health Nursing

- Asthma & Diabetes Support
- Health Assessments
- Healthy Lifestyle Advice

### Clinics

- Youth & Sexual Health Clinic
- Little Clinic (for young mothers)
- Liver Clinic (Hepatitis C)

### Dietary Counselling

- Weight Loss
- Diabetes
- Special Diets

### Podiatry

- General treatment & advice
- Nail Surgery
- Gait Analysis & Orthoses

### Exercise & Fitness Programs

- Tailored for specific health issues
- Non-threatening environment

### Counselling Services

- Individual or Group Counselling
- Support Groups

### Alcohol & Other Drug Services

- Counselling & Support
- Withdrawal Services
- Youth Outreach
- Needle Exchange Program
- Support Groups

### Mental Health Services (APROTCH)

- Home Based Outreach
- Group Facilitation
- Movin' On Program
- Support Groups

### Youth Housing

- Access to safe & affordable housing
- Advice, support & information