

### **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**

### **Communities@Work Women's Neighbourhood Group - Gungahlin**

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

Gungahlin Community Centre  
47 Ernest Cavanagh Street  
Gungahlin

**1300 212 273**

seniors@commsatwork.org

www.commsatwork.org

### **Communities@Work 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**

seniors@commsatwork.org

www.commsatwork.org

### **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 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](http://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](mailto:contact@cotaact.org.au)  
[www.cotaact.org.au](http://www.cotaact.org.au)**

## Women's Groups

