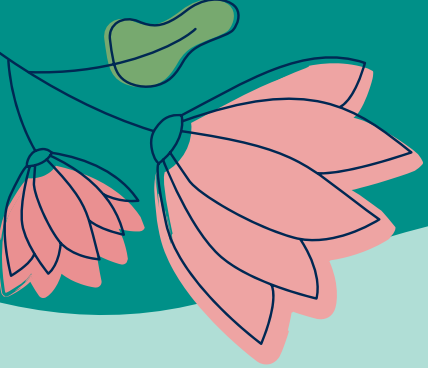


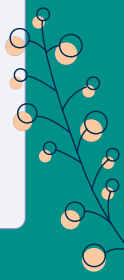


Free, walk-in health and wellbeing support in Caboolture.

We provide free healthcare and support to girls, women, and their children who find it hard to access care and resources.

We're here to listen and help you feel more confident, strong, healthy and supported every step of the way.

What you can expect

- Free services for women and girls
 - Walk-in care—no appointment needed
 - Bookings are available for people who prefer a set time
 - Wellbeing and social support
 - Help from a skilled team of nurse practitioners, registered nurses, allied health professionals and support workers
- 

Opening Hours

During our opening hours, you can drop in without an appointment, or book ahead.

Day	Hours
Monday	8am–7pm
Tuesday	8am–5pm
Wednesday	8am–5pm
Thursday	8am–3pm
Friday	8am–5pm
Weekends	Closed

Find us

Level 1, 23–25 George Street,
Caboolture

Accessible via lift or stairs. Free parking is available onsite, and public transport is nearby.

Get in touch

Make an appointment or ask for help:

07 5294 9670

women.girlshealthhub@micahprojects.org.au

micahprojects.org.au



Funded by

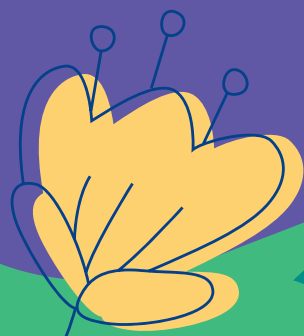


MICAH PROJECTS

Breaking Social Isolation
Building Community

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Breaking Social Isolation
Building Community

wellspring women & girls' health hub



Connecting women and girls to resources, opportunities and providing tailored support.

Social Support: services for homelessness, domestic and family violence, and mental health.

Community Connection: through group programs.

Holistic Support: wellbeing and mindfulness activities.

Clinical Care: through collaboration in clinic, outreach, nurse-led.



Pregnancy, Antenatal Care & Early Years

- **Pregnancy Care**
- **Screenings**
- **Nutrition and Lifestyle**
- **Birth Planning**



Children 6-11 years

- **Nutrition & Growth**
Breastfeeding support, healthy eating
- **Immunisations**
Routine childhood vaccines
- **Early Development**
Programs focused on the first 2000 days
- **Parenting Support**
2 Generational approach



Adolescents 12-18 years

- **Sexual & Puberty Health**
Menstrual care, contraception, STI prevention
- **Mental Health**
Anxiety, depression, body image support, identity
- **Healthy Habits**
Nutrition, substance use prevention, eating disorder awareness
- **Safety Education**
Bullying, online safety
- **Vaccinations**
HPV and routine vaccinations



Young Adults 18-25 years

- **Hormonal Health**
Contraception, menstrual care, acne, low energy, PCOS, endometritis
- **Sexual and Reproductive Health**
Family planning, fertility, contraception, education
- **Mental Health**
Anxiety, depression, body image, self-care
- **Preventative Care**
STI and cervical screening, Pap smear
- **Healthy Lifestyle**
Exercise, nutrition, smoking and vaping cessation



Adults 25-60 years

- **Hormonal Health**
Stress related cycle changes, PMS, perimenopause & menopause treatment and education
- **Chronic Disease**
Screening and management (diabetes, hypertension, cardiovascular)
- **Cancer Screening**
Breast, cervical, colorectal, lung cancer
- **Mental Health**
Stress, depression, anxiety, self care
- **Healthy Lifestyle**
Nutrition, exercise, quitting smoking and vaping
- **Reproductive Health**
Family planning, fertility, contraception, sexual health



Older Adults 60+ years

- **Chronic Disease Management**
Arthritis, cardiovascular, diabetes
- **Mental Health**
Cognition and memory assessment, depression awareness, anxiety
- **Fall Prevention**
Balance exercises, home safety
- **Vaccinations**
Flu, pneumonia, shingles
- **Chronic Disease**
Screening and management (diabetes, hypertension, cardiovascular)
- **Cancer Screening**
Breast, cervical, colorectal, lung cancer

