



St Kilda Community Clinic

Acupuncture | Naturopathy | Osteopathy

windana.org.au

 **WINDANA**
Life. Changing.

Hello from Windana's Health and Healing team.
In this brochure we'll tell you about the natural
therapies available to all people at our Community
Clinic in St Kilda.

Welcome

At our Community Clinic in St Kilda, we provide natural therapies to the broader community.

We welcome everyone – including past and present Windana clients, other people with lived and living experience of alcohol and other drugs, and people who live and work nearby.

The Clinic operates out of our Community Services building - where we also offer alcohol and other drug services and programs including Care and Recovery Coordination, Art Therapy, Counselling, our Family Program, Harm Reduction and Peer Support.

What is Windana Health and Healing?

At Windana, we value the restorative benefits of natural therapies and nutrition for addressing health issues and promoting overall wellbeing. Our Health and Healing program weaves these into the holistic evidence-based services we deliver around Victoria. At the Community Clinic, the wider community can enjoy Health and Healing too.



Natural therapies can play a powerful role in every person's health journey. They add a holistic treatment element to management of health issues, help you make lifestyle changes to reach your goals and are a great way to practice some well-deserved self-care. Our Community Clinic lets everyone from the community experience diverse treatments to support their wellbeing."



Windana Health and Healing Team Member

Windana Community Services building, home of our Community Clinic

Bunurong Country



Therapies and treatments available

Acupuncture

This practice with origins in Traditional Chinese Medicine uses very fine acupuncture needles at targeted points.

Acupuncture can be used in a holistic approach to manage pain and promote healthy sleep, digestion and regulate mood.

Pricing

- Windana client: \$15
- Concession card: \$30
- Full fee: \$55

When?

Appointments are available Tuesdays between 5:00pm and 7:30pm and last for approximately one hour.

Naturopathy

Naturopathy uses a range of techniques to support the body's ability to heal and enjoy good health.

Our naturopaths take the time to understand your health goals – and work with you on a tailored plan that can include diet and lifestyle advice, and where required can prescribe herbal medicine and nutritional supplements.

We have an on-site naturopathic dispensary where you can access herbal medicine and supplements prescribed by our naturopaths.

Pricing

- Windana client: \$15
- Concession card: \$30
- Full fee: \$55

When?

Contact Windana reception for available session times and bookings.

Osteopathy (student clinic)

Osteopathy works with the muscles, bones, joints and connective tissues to promote health, wellbeing and manage pain and injuries.

Osteopaths consider the whole body when identifying sources of pain and discomfort. As part of osteopathic treatment, the osteopath will take time to listen to you, talk with you about any injuries and prepare a management plan for your unique needs.

A variety of hands-on treatment techniques can be used in osteopathy.

Pricing

- Windana client: \$15
- Concession card: \$25
- Full fee: \$50

When?

Appointments are available Thursdays between 12:00pm and 5:00pm and Fridays between 9:00am and 2:00pm.

Appointments go for approximately 1 hour (1.5 hours for your first appointment).



Health and Healing tip

Clients often report experiencing the most benefit from natural therapies when they try different treatment combinations together. Talk to your practitioner about whether this may help you.

Coming to the Clinic

How to book

You don't need a referral to come to the Community Clinic, however it's essential to book an appointment. There are three easy ways to do this:

- Call **03 9529 7955** (Monday to Friday, between 9:00am and 4:30pm).
- Email windana@windana.org.au.
- Visit Reception at 88 Alma Road, St Kilda (Monday to Friday, between 9:00am and 4:30pm).

If you need to cancel an appointment, we appreciate at least 24 hours notice.

Pricing and times appointments are available may change without notice.

For the latest information, please visit our website or contact reception.

Location and accessibility

The Community Clinic is located at 88 Alma Road St Kilda, on the corner of Chapel Street.

- There is free parking on Alma Road nearby, alongside Alma Park.
- Tram Stop 40 on Route 78 (from North Richmond) is right outside
- Nearest train station is Windsor (Sandringham Line).



If we can assist with any accessibility needs for your visit, please let us know when you book.

Learn more about the Clinic and see a map of our location on our website.

Alcohol and other drug counselling and referrals are also available 24/7 by calling DirectLine on **1800 888 236** or visiting directline.org.au



We celebrate and respect diversity in all its forms including Aboriginal and Torres Strait Islander identity, sex, gender, sexuality, age, culture, language, disability and lived experience.

