

We offer

Community Education

- All of Melbourne
- VIC State wide and further
(travel fees apply)

About Us

Our Team

Continence Nurse Specialists, Pelvic Health Physiotherapists, Occupational Therapists

Professionally qualified staff can tailor education sessions for particular groups and needs

Interpreters can be arranged for CALD groups if required

For further help

VCRC Bowel and Bladder Clinic
NDIS Provider

- Medicare & Private Health rebates applicable in some circumstances
- Our experienced multidisciplinary team can provide assessment and help you plan a management program to suit children, adults or seniors with or without specific bladder/bowel needs

Contact us for an appointment on (03) 9816 8266
or 1300 220 871

E: info@continencevictoria.org.au

VCRC COMMUNITY EDUCATION

Promoting Awareness, Prevention
and Treatment



16 Martin Street Heidelberg Victoria, 3084

P: (03) 9816 8266

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P Street News   Below The Belt Patrol 

#StartTheConversationToday



goagainsttheflow.org.au

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Government under DHHS/CCA



VICTORIAN CONTINENCE RESOURCE CENTRE

**Start The
Conversation
Today**



VICTORIAN CONTINENCE RESOURCE CENTRE

**The Victorian Continence Resource Centre
is the peak body for Bladder and Bowel
Health in Victoria.**

**Seek help - don't be the 1 in 4
people who think nothing can be
done!**

Solving the 'Problem P's'

Is there a problem? Yes! Over 5 million Australians suffer unnecessarily from bladder and bowel problems not knowing that they can be improved or even cured.

This education session addresses:

- The common 'P' problems
- Their different types
- Risk factors
- Treatments available.
- Setting good habits and simple steps
- What to remember and where to get help

These sessions are provided to help start the conversation and assist individuals and groups to get help and take back control.

Sessions run for 30 - 45 mins.

Men's Mechanics

Prostate Awareness

Prostate, bladder & bowel problems affect 1 in 5 men.

This session explains:

- The role of the Prostate
- Types of Prostate problems
- The mechanics of bladder and bowel function
- Good habits and preventative action
- Where to get help

Simply Busting

Over Active Bladders

Are you constantly looking for a toilet? Are you busting to go to the toilet and worried you just 'can't hold on'?

This session helps you understand why and looks at:

- What is OAB?
- Causes of OAB
- Treatment options
- Where to get help

Slow Motions

A bowel motion a day keeps the haemorrhoids away! This session helps you get to the bottom of things literally looking at:

- The causes of constipation
- Prevention
- Treatment options
- Where to get help

Fussy Eating Tips For Parents & Beyond

Are meal times with your children challenging?

This session explains:

- Healthy Food Habits & your growing child
- Ways of introducing new foods
- The importance of meal set-up
- How to make food fun

Reclaim Your Core

Your Pelvic Floor is part of your Core
2 full hours with our Pelvic Health
Physiotherapist.

Learn more about improving your Core Function and control

- Maintain bladder and bowel health for life
- Learn correct activation of pelvic floor and core muscles through practical exercises
- Empower you to maintain a healthy exercise regime
- Provide you with the knowledge to continue to improve function with take home resources

Regular in house workshops available.

Register today

Visit <https://continencevictoria.org.au/events>

Toilet Coaching

For Kinder placements and beyond

Getting ready for kinder or school?

Assisting your child to acquire toileting skills can be confusing.

This session aims to give you practical steps that will assist you in helping your child achieve toileting independence in a non-confrontational way.

These sessions are provided FREE of charge for
community groups .

Terms & conditions may apply

Donations are welcomed to help continue
our services to the community.