



Workshop and Group Program Term Four 2019

Book Now 4968 2511

DOMESTIC VIOLENCE WORKSHOP

**Mondays from 28th October, 4th , 11th
& 18th November**

10.45 am (11.00 am start) to 02.15 pm

Cost: \$5 per week

Light Lunch provided

Priority given to women who have not attended this group before

This is a four week group for women who are currently, or have been in the past, controlled by their partner
Gain awareness of equal versus unequal relationships and build skills for positive change

Phone 4968 2511 for expressions of interest

JOY AND EMPOWERMENT WORKSHOP

Wednesday 23rd October

9.45 am (10.00 am start) to 1.00 pm

Cost: \$10

Morning Tea Provided

Are you a woman working on herself – getting beyond past trauma or abuse and instead trying to choose a happy and fulfilling life, but seem to get stuck in old feelings of despair, melancholy or doubt? This uplifting and informative workshop explores the power of letting go and moving forward .

Phone 4968 2511 to register

MEANINGFUL MANDALAS ART THERAPY WORKSHOP

Thursday 31st October

9.45 am (10 am start) to 1.00 pm

Cost: \$10 Morning tea provided

Priority will be given to women who have not previously attended art therapy workshops

Enjoy the benefits of creating a personal mandala using simple techniques.

NO ART EXPERIENCE NECESSARY

Phone 4968 2511 to register

Facilitated by Lisa Hyde–Mills, art therapist and community and visual artist

FAIR TRADING WORKSHOP SCAMS, HIRE A TRADIE & RENTING A HOME

Thursday 21st November

9.45 am (10 am start) to 12.00 noon

Cost: FREE

Morning tea provided with Gold Coin Donation

Phone 4968 2511 to register



- Highlighting the strategies for the community to identify and protect themselves from scammers
- Information for tenants and prospective tenants of their rights and obligations whilst living in a Residential Tenancy Agreement.
- Useful information on how to select a tradesperson, how to obtain quotes and check a licence

What questions to ask and how Fair Trading can help if things go wrong



Hunter Women's Centre





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Hunter Women's Centre is funded by NSW Health through Hunter New England Local Health District



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<p>SELF ESTEEM FOUNDATIONS WORKSHOP</p> <p>Wednesday 27th November</p> <p>9.45 am (10.00 am start) to 1 pm</p> <p>Cost \$10</p> <p>Morning tea provided</p> <p><i>Priority given to women who have not attended this workshop before</i></p>	<p>Would you like to improve your self esteem? Do you give yourself a hard time with self criticism?</p> <p>This workshop will give you basic skills and strategies around positive self talk and assist in healing your 'mud messages'</p> <p>Phone 4968 2511 to register</p>
<p>SELF ESTEEM STRATEGIES WORKSHOP</p> <p>Wednesday 4th December</p> <p>9.45 am (10 am start) to 1.00 pm</p> <p>Cost \$10</p> <p>Morning Tea provided</p> <p><i>Priority given to women who have not attended this workshop before</i></p>	<p>This workshop is for women interested in practical strategies to improve their self esteem:</p> <p>Developing and using effective affirmations</p> <p>How to change negative self talk messages</p> <p>Dealing with people in your life who want to stop you from changing</p> <p>Phone 4968 2511 to register</p>
<p>WREATHS OF WISDOM ART THERAPY WORKSHOP</p> <p>Thursday 5th December</p> <p>9.45 am (10 am start) to 1.00 pm</p> <p>Cost: \$10</p> <p>Morning tea provided</p> <p><i>Priority will be given to women who have not previously attended art therapy workshops</i></p>	<p>Be guided to create a unique wreath to welcome in and symbolise your wise choices</p> <p>Please bring a reel of wide ribbon and piece of fabric in your favourite colour to personalise your wreath</p> <p>NO ART EXPERIENCE NECESSARY</p> <p>Phone 4968 2511 to register</p> <p><i>Facilitated by Lisa Hyde-Mills, art therapist and community and visual artist</i></p>
<p>DISCOVERIES PROGRAM</p> <p>This program is ongoing from Term 3</p> <p>This program is funded by</p> 	<p>Discoveries is an nine week group for women who have been sexually assaulted in childhood.</p> <p>This is a funded program only.</p> <p>A partnership between HNE Health Sexual Assault Service</p>   

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Women of Courage AA Meeting: Wednesday evenings 6 pm to 7 pm
Tai Chi: Wednesday evenings during school terms 6.30 pm

