



# Workshop and Group Program Term One 2019

**Book Now 4968 2511**

## **EVENING DOMESTIC VIOLENCE WORKSHOP**

**Tuesdays from 12 Mar, 19 Mar, 26 Mar, 2 April**

**5.30 pm ( 5.45 pm start) to 8.15 pm**

**Cost: \$5 per week**

**Afternoon Tea provided**

*Priority given to women who have not attended this workshop before*

Held in the evenings 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**

## **DOMESTIC VIOLENCE WORKSHOP**

**Wednesdays from 13 Mar, 20 Mar, 27 Mar, 3 April**

**9.45 am ( 10.00 am start) to 12.30 pm**

**Cost: \$5 per week**

**Morning tea provided**

*Priority given to women who have not attended this workshop 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**

## **EASY STEPS TO A HEALTHIER YOU**

**Tuesday 12th February**

**9.45 am (10am start) to 2.00 pm**

**Cost \$10**

**Morning Tea and Lunch Provided**

*Priority given to women who have not attended this workshop before*

Come along to this workshop to learn creative ways to improve your health and wellbeing  
Embrace healthy attitudes to food and exercise  
Look at links between physical, mental and emotional health  
Learn new recipes, food tips and simple exercise  
Meet new people and create friendships

**Phone 4968 2511 to register**

## **FUTURE INTENTIONS ART THERAPY WORKSHOP**

**Thursday 14th February**

**9.45 am (10.00 am start) to 1.00 pm**

**Cost \$10**

**Morning tea provided**

*Priority given to women who have not previously attended art therapy workshops before*

Give yourself the gift of time and check in with yourself about your goals and intentions for the future.  
All materials supplied. No Art Experience Necessary  
*Facilitated by Lisa Hyde-Mills,  
art therapist and community and visual artist*

**Phone 4968 2511 to register**

## **COMMUNICATION AND ASSERTIVENESS WORKSHOP**

**Tuesday 19th February**

**9.45 am (10.00 am start) to 1 pm**

**Cost \$10**

**The Place, Charlestown**

**Morning tea provided**



Do you have problems speaking up on your own behalf, find it hard to say not or are unsure how to respond to difficult people?

**Phone 4968 2511 to register**

*Priority given to women who have not attended this workshop before*



**Hunter Women's Centre**

**4968 2511**

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## SELF ESTEEM FOUNDATIONS WORKSHOP

Tuesday 26th February  
9.45 am (10 am start) to 1.00 pm  
Cost \$10  
Morning Tea provided

*Priority given to women who have not attended this workshop before*

Would you like to improve your self esteem?  
Do you give yourself a hard time with self-criticism?  
This workshop will give you basic skills and strategies around positive self talk and assist in healing your ' mud messages'.

**Phone 4968 2511 to register**

## SELF ESTEEM STRATEGIES WORKSHOP

Tuesday 5th March  
9.45 am (10 am start) to 1.00 pm  
Cost \$10  
Morning Tea provided

*Priority given to women who have not attended this workshop before*

This workshop is for women interested in practical strategies to improve their self esteem:  
Developing and using positive affirmations  
How to change negative self talk messages  
Dealing with people in your life who want to stop you from changing  
This workshop builds on the skills introduced in the Self Esteem Foundations Workshop

**Phone 49682511 to register**

## BRANCH OF BLESSINGS ART THERAPY WORKSHOP

Thursday 28th March  
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*

In this workshop recognise and celebrate your ability to tend to your own wellbeing with care and compassion.  
NO ART EXPERIENCE NECESSARY

**Phone 4968 2511 to register**

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

**SAVE THE DATE**  
**INTERNATIONAL WOMEN'S DAY**  
**FRIDAY MARCH 8TH**  
**MORE INFORMATION TO FOLLOW**



**Hunter Women's Centre**

**4968 2511**

Hunter Women of Note Chorus : Monday evenings 6.45 pm to 9 pm  
Women of Courage AA Meeting: Wednesday evenings 6 pm to 7 pm  
Tai Chi: Wednesday evenings during school terms 6.30 pm

