

Workshop and Group Program Term Three 2019

Book Now 4968 2511

DOMESTIC VIOLENCE WORKSHOP

Thursdays : from 1st, 8th, 15th, 22nd August

9.45 am (10.00 am start) to 12.30 pm

Cost: \$20 payable at week 1

Morning tea provided

CALM , Toronto



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

DISCOVERIES PROGRAM

For more details on this group please ask for a copy of the information flyer to be sent to you

This program is funded by



Priority given to women who have not attended this workshop before

Discoveries is an nine week group for women who have been sexually assaulted in childhood.
If you would like to find out if this group is right for you please, **Phone 4968 2511 to enquire**

A partnership between HNE Health Sexual Assault Service



MEDITATION AND RELAXATION WORKSHOP

Tuesday 30th July

9.45 am (10am start) to 1.00 pm

Cost \$10

Morning Tea Provided

Priority given to women who have not attended this workshop before

In this gentle and relaxing introductory workshop explore several different meditation and relaxation processes for reducing stress and calming the mind

Come along to this workshop: To have some time out to focus on you

hone 4968 2511 to register

HEART HAVEN ART THERAPY WORKSHOP

Thursday 1st August

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

Explore self care, safety and boundaries while creating a "Heart Haven" out of sticks/wool/paper etc
NO ART EXPERIENCE NECESSARY

Phone 4968 2511 to register

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



Hunter Women's Centre

4968 2511

Corner of Industrial Drive and Avon Street Mayfield



hunter women's centre

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“YOU'RE THE BOSS” MONEY CARE WORKSHOP

Tuesday 13th August

9.45 am (10.00 am start) to 12.30pm

FREE with Gold Coin Donation to HWC for Morning Tea
Priority given to women who have not attended this workshop before



Want to be the Boss of your Money? You're the boss is a financial literacy program developed by The Salvation Army to empower and equip people to be the boss of their financial situation. Improve wellbeing and financial future.

Phone 4968 2511 to register

PERSONAL BOUNDARIES WORKSHOP

Tuesday 3rd September

9.45 am (10.00 am start) to 1.00 pm

Cost \$10 Morning tea provided

The Place , Charlestown

Priority given to women who have not attended this workshop before



Come along to this workshop and explore what healthy boundaries are and find out the difference between clear and fuzzy boundaries. Learn strategies to reduce your stress levels and improve your relationships

Phone 4968 2511 to register

WOMEN'S WELLBEING DAY WORKSHOP

Wednesday 4th September

9.45 am (10 am start) to 2.00 pm

Cost \$10

Lunch Provided

Is Self Care a Foreign Concept for You?

Come and Celebrate Women's Health Week

Learn creative ways to improve your health and wellbeing

Discover the possibilities for nurturing yourself

Phone 4968 2511 to register

USING BOUNDARIES IN RELATIONSHIPS WORKSHOP

Tuesday 10th September

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



Explore how to use assertive boundaries in your relationships for less confusion, improved communication and personal empowerment

Phone 4968 2511 to register

TREE OF LIFE ART THERAPY WORKSHOP

Thursday 12th September

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

Do you acknowledge the strength & experience you have gained on your life journey?

Connect with other women in a safe and supportive environment

NO ART EXPERIENCE NECESSARY

Phone 4968 2511 to register

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

Hunter Women's Centre

4968 2511



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

