

# ***Joy and Empowerment Workshop***

## ***Letting Go and Moving Forward***

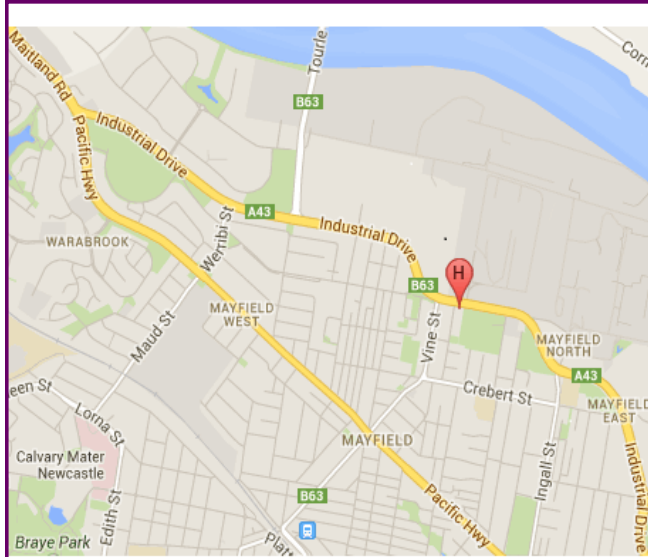
This workshop is for women to explore and celebrate joy and feel empowered to bring positive change into their lives

**Hunter Women's Centre, Mayfield  
Wednesday 23rd October  
9.45am (for a 10am start) to 2pm  
Cost \$10, Morning Tea Provided  
Phone 49682511 to register**

**hwc**  
hunter women's centre



Funded by Hunter New England Local Health District



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## Public Transport

### Buses from Hamilton Train Station

- 47 Norfolk Ave after Robert St (alight Barton/Bull St Mayfield)
- 11 Maitland Rd before Beaumont St (alight Maitland Rd, before Hanbury St Mayfield)
- 24 Albert St opp Hawkins Oval (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is Waratah with a 20 minute walk to the Centre

## Opening Hours

Monday to Thursday: 9am to 5pm  
Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)  
Mayfield NSW 2304  
Phone: 02 4968 2511  
[admin@hwc.org.au](mailto:admin@hwc.org.au)