



hunter women's centre

Workshop and Group Program Term Two 2022

Book Now 4968 2511

<p>POWER & ABUSE IN RELATIONSHIPS</p> <p>Fridays from 13th, 20th, 27th May to 3rd June 4 Weeks 9.45am (10 am start) to 1pm Cost: \$20 total Morning Tea provided</p>	<p>This is a four week group for women who are currently, or have been in the past, controlled by their partner</p> <p>Gain awareness of equal versus unequal relationships and build skills for positive change</p> <p>Phone 4968 2511 for expressions of interest</p>
<p>SELF ESTEEM FOUNDATIONS WORKSHOP</p> <p>Tuesday 10th May 9.45 am (10.00 am start) to 1.00 pm Cost \$10 Morning tea provided</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>Tuesday 17th May 9.45 am (10.00 am start) to 1.00 pm Cost \$10 Morning tea provided</p>	<p>This workshop is for women interested in practical strategies to improve their self esteem:</p> <p>This workshop builds on the skills introduced in the Self Esteem Foundations Workshop</p> <p>Phone 49682511 to register</p>



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Priority given to women who have not attended workshops before

**Terms and Conditions Apply to all Workshops*

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



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JOY AND EMPOWERMENT WORKSHOP

Tuesday 3rd May

9.45 am (10am 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 for expressions of interest

COMMUNICATION AND ASSERTIVENESS WORKSHOP

Tuesday 7th June

9.45 am (10.00 am start) to 2.00 pm

Cost \$10

Light Lunch Provided

Come along to this workshop if you have problems speaking up on your own behalf, find it hard to say no or are unsure how to respond to difficult people

Develop skills to help assert yourself so that other people respect you

Identify your communication vulnerabilities

Phone 4968 2511 for expressions of interest

DEALING WITH DIFFICULT BEHAVIOURS WORKSHOP

Tuesday 14th June

9.45 am (10.00 am start) to 1.00 pm

Cost \$10

Morning tea provided

Explore the difference between reacting and responding and practise some great strategies to handle these moments effectively

Phone 4968 2511 for expressions of interest

MEANINGFUL MANDALAS ART THERAPY WORKSHOP

Friday 24th June

9.45am (10am Start) to 1pm

Cost \$10

Morning Tea provided

All Materials Provided

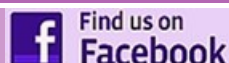
Enjoy the benefits of creating a personal mandala using simple techniques

Through the contained and familiar shape of the circle, explore your gifts, identity and boundaries

NO art experience necessary!

Phone 4968 2511 for expressions of interest

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



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Tai Chi: Wednesday evenings during school terms 6.30 pm