

Women: Choice and Change

An 8 week group for women



This course offers women a chance to meet with others who have had similar experiences, to talk through their concerns and look at positive choices for the future.

Women: Choice and Change supports women to build self esteem skills, healthy relationships, community connections and take responsibility for their own lives and those of their children.

A pre-group intake interview is held to ensure the group is right for you

**When: Every Wednesday from
13th February— 3rd April 2019**

Time: 10.00am—12.00pm

Location: Parkside—Morning tea provided.

Registration essential— please call Shiralee Walker or

Rena Taylor to register on : 02 6551 1800

Topics include:

**Looking at past
& present
relationships**

**Communication
styles**

**Feelings of grief
and loss**

Managing stress

**Levels of
Confidence**

**Building
Self Esteem**

**Creating equality
in relationships**

Ph: 6551 1800

