

# 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 understand the cycles of domestic violence, 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**

**8th May—26th June**

**Time: 10.00 am—12.00 pm**

**Location: Parkside. Morning tea provided.**

**Registration essential— please call Shiralee Walker**

**or Renae Taylor to register on : 6551 1800**

**Topics include:**

**Looking at past  
& present  
relationships**

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**Communication  
styles**

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**Feelings of grief  
and loss**

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**Managing stress**

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**Levels of  
confidence**

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**Building  
self-esteem**

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**Creating equality  
in relationships**

**Ph: 6551 1800**

