

Women: Choice and Change

An eight 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, form healthy relationships, make 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: Tuesdays from 27 October to 15 December

Time: 9.30am to 11.30am

Location: MSS Offices, Suite 3, 57-61 Albert Street Taree

Morning tea provided

Registration essential— please send referrals to referral@mssinc.org.au or call Shiralee Walker

on: 6551 1800

Topics include:

Looking at past and present relationships

Communication styles

Feelings of grief and loss

Managing stress

Levels of confidence

Building self-esteem

Creating equality in relationships

Ph: 6551 1800

www.mssinc.org.au

Manning Support Services



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Empowering People.
Strengthening Communities