

# 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:** Mondays from 26 April to 14 June 2021

**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 or Paige

on: 02 6551 1812

**Topics include:**

**Looking at past  
and 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**

**[www.mssinc.org.au](http://www.mssinc.org.au)**

Manning Support Services



**mss**

Empowering People.  
Strengthening Communities