



Womens Empowerment Evening

Join us for an evening of discovery and empowerment as we explore a variety of topics through open forums, art, stories, and meditation. Groups are designed to support growth, healing, and recovery. All events are hybrid which means you can come in face to face or join us online by clicking the link.

<https://www.facebook.com/groups/womensrecoverycommunity>

No appointment necessary, just walk in!

Contact wellness@whfs.org.au

or call Karen on 0415 729 877



womens health
& family services

Women's
Empowerment
Evenings

Tuesday Evenings
During School
Term

2022

6:00pm to 7:30pm

Location: 227
Newcastle St.
Northbridge



Womens Empowerment Evening
227 Newcastle St. Northbridge
Term 2
APRIL
5 th Alternatives to Suicide – Peer Support Group – All welcome
12 th School Holidays
19 th Alternatives to Suicide – Peer Support Group – All welcome
26 th Womens Recovery Evening -Topics and Fun
May
3 rd Alternatives to Suicide – Peer Support Group
10 th Womens Recovery Evening -Topics and Fun
17 th Alternatives to Suicide – Peer Support Group
24 th No Program this evening
31 st Alternatives to Suicide – Peer Support Group
JUNE
1 st Womens Recovery Evening -Topics and Fun
7 th Alternatives to Suicide – Peer Support Group
14 th No Program this evening
21 st Alternatives to Suicide – Peer Support Group
28 th Womens Recovery Evening -Topics and Fun
Term 3
JULY
5 th Alternatives to Suicide – Peer Support Group
12 th School Holidays
19 th Alternatives to Suicide – Peer Support Group
26 th Recovery College – Sound Healing
AUGUST
2 nd Alternatives to Suicide – Peer Support Group
9 th Womens Recovery Evening -Topics and Fun
16 th Alternatives to Suicide – Peer Support Group
23 rd Recovery College – Educational
30 st Alternatives to Suicide – Peer Support Group
SEPTEMBER
6 th Womens Recovery Evening -Topics and Fun
13 th Alternatives to Suicide – Peer Support Group
20 th Recovery College – Educational
27 th Alternatives to Suicide – Peer Support Group
28 th School Holidays