



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



Women's Empowerment Evening

227 Newcastle St. Northbridge

Term 4

October

4th Peer Support Groups (please phone for more information)

11th

Recovery College Making Scents

18th Peer Support Groups (please phone for more information)

25th

Sound Healing – All Welcome **Bring a Yoga mat, blanket, and pillows**

Nov

1st Peer Support Groups (please phone for more information)

8th Women's Poetry night- All Welcome

15th Peer Support Groups (please phone for more information)

22nd Recovery College

Exploring Sound Healing – **Bring a Yoga mat, blanket, and pillows**

29th Peer Support Groups (please phone for more information)

Dec

6th Recovery College – Emotional Eating – Looking at healthy ways to experience your emotions

13th Peer Support Groups (please phone for more information)

HOLIDAYS