

GROUP PROGRAM - October to December 2009

Health & Wellbeing - groups for all women.

Yoga

Gently stretches and strengthens your body whilst calming, soothing and restoring the nervous system. Suitable for beginners to advanced, and for all ages. Facilitated by a qualified and experienced instructor. 8 weeks x 1.5 hour session.
\$5.00 per class. Bookings essential as places are limited.

Mondays, 26 October to 14 December 2009, 10.00am - 11.30am.

Kids Create Tomorrow - groups for women & children aged 5 to 12 years, after domestic violence.

Creative expressions group for mothers and their children to address and recover from domestic violence, and strengthen their relationship through play, art, music, storytelling and fun! 8 weeks x 2 hour sessions.

Mondays, 26 October to 14 December 2009, 3.30pm - 5.30pm (children 8 - 12 years)

Wednesdays, 28 October to 16 December 2009, 3.30pm - 5.30pm (children 5 - 7 years)

Limited child care available for groups.

Domestic Violence Service - groups for women affected by domestic violence.

Creative Wisdom

A creative journey for women who have separated from abusive relationships to discover their strengths, talents and aspirations to move beyond domestic violence, and find pathways to positive futures for themselves through painting, drawing, sculpting, dance and imagination! 8 weeks x 2 hour sessions.

Tuesdays, 27 October to 22 December 2009, 10.00am - 12.00pm (NO group on 17 November 2009)

Mid to Older Women's Health Service - groups for women aged 45+.

Stretching for Health and Wellbeing

Discover the benefits of stretching to improve your flexibility, strengthen your body, and at the same time nurture your emotional wellbeing. 8 weeks x 1 hour sessions.

Wednesdays, 28 October to 23 December 2009, 10.00am - 11.00am (NO group on 18 November 2009)

Mature Women's Wellbeing Group

Mature women's group for active bodies, minds and spirits. 6 weeks x 2 hour workshops.

Tuesdays, 3 November to 15 December 2009, 10.00am - 12.00pm

The Fields Neighbourhood Centre, Glenquarie.

(NO group on 17 November 2009)

Thursdays, 29 October to 3 December 2009, 10.00am - 12.00pm, Campbelltown.

Campbelltown
&
Glenquarie

Wollondilly Women's Wellbeing Group

For mature women to come together for friendship, learning and fun, to maintain active bodies, minds and spirits.

Fridays, fortnightly to 11 December 2009, 12.00pm to 2.00pm, CWA Hall, Tahmoor.

Bookings are essential for all groups.

To register, please phone Intake Service on 1800 077 760 (free local & mobile calls)

