



# Workshop and Group Program Term Two 2019

**Book Now 4968 2511**

## DOMESTIC VIOLENCE WORKSHOP

Wednesdays from 22nd, 29th May & 5th , 12th June

9.45 am ( 10.00 am start) to 12.30 pm

Cost: \$5 per week

Morning tea provided

This is a four week group for women who are currently, or have been in the past, controlled by their partner

Gain awareness of equal versus unequal relationships and build skills for positive change

**Phone 4968 2511 for expressions of interest**

## EASY STEPS TO A HEALTHIER YOU WORKSHOP

Tuesday 7th May

9.45 am 10.00 am start) to 2 pm

Cost: \$10

Morning Tea and Lunch provided

*Priority given to women who have not attended this workshop before*

Come along to this workshop to learn creative ways to improve your health and wellbeing. Embrace healthy attitudes to food and exercise. Look at links between physical, mental and emotional health  
Learn new recipes, food tips and simple exercise  
Meet new people and create friendships

**Phone 4968 2511 to register**

## TYE DYEING WORKSHOP

Wednesday 8th May

9.45 am (10am start) to 1.00 pm

Free of Charge

Childcare available



Family Support Newcastle Family Relationships & Skills Project in partnership with Hunter Women's Centre invite women of the Rainbow Community with children in their care to this free workshop  
Bring along any white cotton material you would like to revamp

**Phone 4968 2511 to register**

## PERSONAL BOUNDARIES WORKSHOP

Thursday 14th May

9.45 am (10.00 am start) to 1.00 pm

Cost \$10

Morning tea provided

*Priority given to women who have not attended this workshop before*

Come along to this workshop and explore what healthy boundaries are and find out the difference between clear and fuzzy boundaries. Learn strategies to reduce your stress levels and improve your relationships

**Phone 4968 2511 to register**

## MEANINGFUL MANDALAS ART THERAPY WORKSHOP

Thursday 16th May

9.45 am (10 am start) to 1.00 pm

Cost: \$10 Morning tea provided

*Priority will be given to women who have not previously attended art therapy workshops*

Enjoy the benefits of creating a personal mandala using simple techniques.

NO ART EXPERIENCE NECESSARY

**Phone 4968 2511 to register**

*Facilitated by Lisa Hyde-Mills, art therapist and community and visual artist*

**Hunter Women's Centre**

**4968 2511**

**Corner of Industrial Drive and Avon Street Mayfield**



Hunter Women's Centre is funded by NSW Health through Hunter New England Local Health



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<p><b>SELF ESTEEM FOUNDATIONS WORKSHOP</b>  <b>Tuesday 21st May</b>  <b>9.45 am (10.00 am start) to 1 pm</b>  <b>Cost \$10</b>  <b>The Place, Charlestown</b>  <b>Morning tea provided</b></p> 	<p>Would you like to improve your self esteem? Do you give yourself a hard time with self criticism? This workshop will give you basic skills and strategies around positive self talk and assist in healing your 'mud messages'</p> <p><b>Phone 4968 2511 to register</b>  <i>Priority given to women who have not attended this workshop before</i></p>
<p><b>USING BOUNDARIES IN RELATIONSHIPS WORKSHOP</b>  <b>Tuesday 28th May</b>  <b>9.45 am (10 am start) to 1.00 pm</b>  <b>Cost \$10</b>  <b>Morning Tea provided</b>  <i>Priority given to women who have not attended this workshop before</i></p>	<p>Explore how to use assertive boundaries in your relationships for less confusion, improved communication and personal empowerment</p> <p><b>Phone 4968 2511 to register</b></p>
<p><b>SELF ESTEEM STRATEGIES WORKSHOP</b>  <b>Tuesday 4th June</b>  <b>9.45 am (10 am start) to 1.00 pm</b>  <b>Cost \$10</b>  <b>The Place, Charlestown</b>  <b>Morning Tea provided</b>  <i>Priority given to women who have not attended this workshop before</i></p> 	<p>This workshop is for women interested in practical strategies to improve their self esteem:          Developing and using effective affirmations          How to change negative self talk messages          Dealing with people in your life who want to stop you from changing</p> <p><b>Phone 4968 2511 to register</b></p>
<p><b>COMMUNICATION AND ASSERTIVENESS WORKSHOP</b>  <b>Tuesday 18th June</b>  <b>9.45 am (10 am start) to 1.00 pm</b>  <b>Cost \$10</b>  <b>Morning Tea provided</b>  <i>Priority given to women who have not attended this workshop before</i></p>	<p>Come along to this workshop if you have problems speaking up on your own behalf, find it hard to say no or are unsure how to respond to difficult people          Develop skills to help assert yourself so that other people respect you          Identify your communication vulnerabilities</p> <p><b>Phone 49682511 to register</b></p>
<p><b>WONDERFUL WEAVING ART THERAPY WORKSHOP</b>  <b>Thursday 20th June</b>  <b>9.45 am (10 am start) to 1.00 pm</b>  <b>Cost: \$10</b>  <b>Morning tea provided</b>  <i>Priority will be given to women who have not previously attended art therapy workshops</i></p>	<p>Learn the relaxing and meditative skill of weaving to create a round mat. You will be shown how to turn T-shirts into weaving material so bring along a few in your favourite colour</p> <p><b>NO ART EXPERIENCE NECESSARY</b>  <b>Phone 4968 2511 to register</b>  <i>Facilitated by Lisa Hyde-Mills, art therapist and community and visual artist</i></p>

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Women of Courage AA Meeting: Wednesday evenings 6 pm to 7 pm  
 Tai Chi: Wednesday evenings during school terms 6.30 pm

