

# WOMEN'S DRUMBEAT

this program is for women who have experienced unhealthy relationships



- Increase self-esteem**
- Build communication & teamwork skills**
- Improve mental wellbeing**
- Reduce stress levels**

**Friday's 10am to 11:30am**

**7 October - 2 December**

**FamilyCare**

**19 Welsford street, Shepparton**

**call Central Intake**

**1800 161 306**

**for more information**