

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

Wednesdays 10am to 11:30am

commencing 31 January for 9 weeks

FamilyCare

64 High Street, Seymour

Morning tea Included

call Central Intake

1800 161 306

for expressions of interest