

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**

Tuesdays 10:30am to 12pm
commencing 6 February - 26 March (7 weeks)

Wallan Neighbourhood House,
42 - 47 Bentinck St, Wallan

Morning tea Included

GROUP IS FREE OF CHARGE

call Central Intake 1800 161 306

for expressions of interest