

WOMEN'S WELL-BEING GROUP

Healing Hearts and Minds

Thursdays, 30th May to 1st August 2019
(excluding winter school holidays 5th to 22nd July)

TIME: 1:00 p.m. – 3:00 p.m.



HEALING CIRCLES

ID 106475066 © Zzorik | Dreamstime.com



ID 87643702 © Rawpixelimages | Dreamstime.com

**A hot lunch and
drinks provided**

Using *Circle Solutions Philosophy* that promotes *Agency, Safety, Positivity, Inclusion and Equity* plus Expressive Arts, Sandplay and Symbol Work to build positive relationships with self and others/ promote social inclusion.

Where: Aboriginal Catholic Ministry, 77 Buckland St, Alexandria NSW 2015

Who: Women Over 40 years receiving 1:1 PSS (Psychological Support Services) sessions

Facilitated by **Debra Mainwaring, Psychologist.**
Co-facilitator **Fiona Smith, Community Member & Educator**

Cost: FREE (PSS Eligibility Required)

Topics to be discussed will include how we can use our self-awareness of our culture, beliefs and values to promote our strengths. Also, how ways of being encourage self-care, assertiveness, positive communication can improve our relationships and sense of wellbeing.

FOR FURTHER INFORMATION, CONTACT DEBRA ON 0431 199 045

Psychological Support Services (PSS) program is funded by Central and Eastern Sydney PHN