



SAY YES TO YOU WORKSHOP SERIES- Online

19th - 26th July	Session 1-2 – Creating healthy relationships
2nd - 9th August	Session 3-4 – Identifying your boundaries
16th - 23rd August	Session 5-6 – Understanding impacts of DV & trauma
30th Aug- 6th Sep	Session 7-8 – Self-care for your brain & body
13th September	Session 9 – Exploring aspects of your identities

Running on Tuesdays, 9.30-12.30pm

FINANCIAL WELLBEING AND YOU- Online

7th September	Session 1– Learn about your money personality
14th September	Session 2 – Explore your relationship with money
21st September	Session 3 – Where to now?

Running on Wednesdays 9.30-12.30pm

ART THERAPY- Closed

The 8-week program will run on Thursdays from **26th July to 13th September**, 9.30-12.30pm.

THE SHARK CAGE GROUP- Closed

The 8-week program will run on Thursdays from **28th July to 15th September**, 9.30-10.30am.

HEALING-CENTRED PILATES

The 6-week program will run on Fridays from **29th July to 2nd September**, 9.30-10.30am.

SUPPORTING YOUR CHILDREN

This on-day workshop will be held on **1st August**, 9.30-2.30pm.

CULTIVATING CALM

Full-day workshops running on **Wednesday 24th August**, and **Wednesday 31st August**, from 9.30-2pm.

