



SAY YES TO YOU WORKSHOP SERIES

- 16th November** | Session 1 – Creating healthy relationships
- 23rd November** | Session 2– Identifying your boundaries
- 30th November** | Session 3 – Understanding impacts of DV & trauma
- 7th December** | Session 4 – Self-care for your brain & body

Running on Wednesdays, 9.30-12.30pm

FINANCIAL WELLBEING AND YOU

- 19th October** | Session 1– Learn about your money personality
- 26th October** | Session 2 – Explore your relationship with money
- 2nd November** | Session 3 – Where to now?

Running on Wednesdays 9.30-12.30pm

ART THERAPY

The 8-week program will run on Tuesdays from **18th October to 6th December**, 9.30-12.30pm.

HEALING-CENTRED PILATES

The 6-week program will run on Fridays from **28th October to 2nd December**, 9.30-10.30am.

CULTIVATING CALM

Full-day workshops- in-person Thursday **27th October** and online Tuesday **1st November** from 9.30-2pm.

THE BLOSSOM GROUP

This one-day workshop will be held on Thursday **3rd November** 9.30-2.30pm.

TREE OF LIFE

Workshop running on Thursday **8th December** 9.30-12.30pm.

