



CatholicCare
Diocese of Broken Bay

WOMEN'S WELLBEING SUPPORT GROUP

**A space for women to strengthen their wellbeing
and build new relationships**



Friday's

26 July – 20 September 2019
10.30am – 12.30pm



Naremburn Family Centre
40 Merrenburn Avenue



FREE
Donations welcome

This group is for women over 18 years of age, coming together in a safe, welcoming and comfortable environment. Through various activities like arts and craft, cooking, yoga, mindfulness and music the group will provide a space for women to explore self-care, managing emotions, exploring relationships and building strong support networks.



**BOOKINGS ARE
ESSENTIAL**

Naremburn & Northern Beaches Family Centres

P: (02) 8425 8700

E: intakefs@catholiccareddb.org.au

Note: *Childcare is not available*

catholiccareddb.org.au