



*CatholicCare*  
Diocese of Broken Bay

# WOMEN'S WELLBEING SUPPORT GROUP

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



**Fridays**

8 May – 3 July 2020  
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.

Note: Children are unable to attend.



**BOOKINGS ARE  
ESSENTIAL**

Naremburn Family Centres  
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