

GROUP PROGRAM - August to September 2010

Health & Wellbeing Workshops

Yoga

Gently stretches & strengthens your body whilst calming, soothing and restoring the nervous system. Suitable for all ages. Facilitated by qualified & experienced instructor. 6 weeks x 1 hour class. \$5.00 per class. Bookings essential.

**Mondays, 9 August to 13 September 2010, 10.30am - 11.30am &
Fridays, 13 August to 17 September 2010, 10.30am - 11.30am**

Discover your Rhythm through Dance

A fusion of contemporary dance styles and movements to a variety of music. Unleash your inner rhythm & have fun dancing.

Tuesdays, 2010, 10 August to 14 September 2010, 11.30am to 12.30pm 6 weeks x 1 hour class.

Performance Dance Troupe

Do you enjoy dancing and would like to be part of a dance troupe? Then this is for you. Join us in creating a choreographed dance piece to perform live. 7 weeks x 1 hour class.

Tuesdays, 10 August to 21 September 2010, 1.00pm - 2.00pm

Creative Journey of Self- Discovery

Embark on the road less travelled to discover your inner wisdom through story telling, poetry writing, sculpting, dance, craft, weaving, music and much more! Monthly workshop x 2 hours

4th Wednesday of every month, to December 2010, 10.00am - 12.00pm

Kids Create Tomorrow - for women & children aged 5 to 12 years.

Creative expressions group for mothers and their children to address and recover from domestic violence, and strengthen their relationship through play, art, music, storytelling and fun!

Mondays, 2 August to 20 September 2010, 3.30pm - 5.30pm (children 5 - 7 years) 8 weeks x 2 hour sessions.

Thursdays, 5 August to 23 September 2010, 3.30pm - 5.30pm (children 8 - 12 years) 8 weeks x 2 hour sessions.

Children's Service - groups for mothers & children

Mums & Bubs Yoga

Gentle yoga for mothers & children - infants to preschoolers. 6 weeks x 1 hour class.

Mondays, 9 August to 13 September 2010, 1.00pm to 2.00pm

Child care available
for all groups.

Mums & Bubs Dance

A fun and creative dance class for mothers & children - infants to preschoolers. 6 weeks x 1 hour class.

Fridays, 13 August to 17 September 2010, 12.30pm to 1.30pm

Mid to Older Women's Health Service - for women aged 45+.

Stretching for Health and Wellbeing

Discover the benefits of stretching to improve your flexibility, strengthen your body, & nurture your emotional wellbeing.

Tuesdays, 10 August to 14 September 2010, 10.00am to 11.00am 6 weeks x 1 hour sessions.

Life Stages & Changes

Explores stages, changes & transitions, and the losses experienced as we mature. Find new understandings about life's changes & develop a deeper awareness about physical & spiritual well being in mid to older years. 6 weeks x 2 hour sessions.

Thursdays, 12 August to 16 September 2010, 12.30pm to 2.30pm

Wollondilly Women's Wellbeing Group

For mature women to come together for friendship, learning and fun, to maintain active bodies, minds and spirits.

Fridays, every 3 weeks, to December 2010, CWA Hall, Tahmoor.

Domestic Violence Service - for women affected by domestic violence.

Putting the Pieces Back Together

A support group that explores the dynamics and tactics of domestic violence, & helps women develop strategies to overcome the effects of violence and abuse on their lives and relationships. 6 weeks x 2 hour sessions.

Mondays, 9 August to 13 September 2010, 10.00am - 12.00pm

Grow, Empower to Live after domestic violence (GEL)

For women who have separated from violence & want to establish safe futures & respectful relationships.

Tuesdays, 10 August to 14 September 2010, 10.00am - 12.00pm 6 weeks x 2 hour sessions.

Bookings Essential

To register, please phone Intake Service on 1800 077 760 (free local & mobile calls)