

EMPOWERMENT GROUP FOR DOMESTIC VIOLENCE SURVIVORS

Starting 2nd May 2017

Every Tuesday for 8 weeks

**We will be covering topics such as
mindfulness, budgeting, nutrition,
wellness tips, stress management
and creative therapy.**

Contact our office for more information.

Registration ends 24th April 2017

MELISA@ENOUGHISENOUGH.ORG.AU

**SHOP 2, 10-14 BOYLE ST,
SUTHERLAND NSW 2232**

02 9542 4029