



Phone: 4351 1152

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Rose Cottage, 7 Rose Street, Wyong 2259

Wot's on

Wyong

Monday

TERM 4 2017

IN SAFE HANDS – Parenting after Domestic Violence

Catholic Care

Monday 30th Oct to 11th December
10am - 12.30pm

FREE

6 x week program topics include:


The impacts of DV on the mother, child and their relationship.

What children need to recover

Managing strong emotions in children.

Bookings essential

Please call Leanne on 4356 2600 or 0409 560 339

 Childcare available if pre-booked (\$3 /session).


FREE LEGAL ADVICE FOR WOMEN

Once a fortnight.

FREE advice service

Provided by Legal Aid solicitors from the Family Law Early Intervention Unit to help you with what to do when you: separate, sorting out where children live and time spent with other family members, making the most of family law mediation services, cases involving your children and Family and Community Services, child support matters, and linking you to other services.

Bookings essential
4351 1152.

 Childcare available mornings only

OLDER WOMEN'S NETWORK

1pm Monday 6th November, 4th December.

FREE

OWN promotes the rights, dignity and wellbeing of older women. The group advocate on issues of concern to older women.

Phone Pauline: 4353 9914 or 0409 229 266.

SHARK CAGE

10am to 12 noon

\$5 donation per session

3 x week group commencing

Monday 16th Oct then 23rd & 30th Oct.

This group will give you the knowledge and tools to feel empowered and actively decrease the likelihood of further involvement in unhealthy and unsafe relationships. Learn to identify what bars you need to strengthen in your shark cage.



Childcare available if pre-booked (\$3 /session).

MUMS & BUBS PILATES

Monday 8:45am to 9:45am

Cost: \$15 per class

Contact Rebekah: 0479 188 066

Tuesday

SCRAPBOOKING CARD MAKING

10am - 11.30am

\$5 donation per session

Tuesday

31 Oct

14th & 28th Nov. 12th Dec

Phone 4351 1152

No childcare available.

Thursday

YOGA AND MEDITATION

1pm - 2.30pm

\$5 donation per session

6-week group. 19th Oct to 23rd Nov on Thursdays.

Bookings essential 4351 1152

Sorry, no childcare available.

SELF ESTEEM

10am – 12:30pm

\$5 donation per session

6-week group. 19th Oct to 23rd November on Thursdays.

This 6-week group will help you to explore and learn about your self-awareness, acknowledge your self worth and gain confidence and self acceptance. Self esteem is an integral part of personal happiness, fulfilling relationships and achievements. The higher our self-esteem, the better equipped we are to cope with life's adversities. The more resilient we are, the more we resist pressure to succumb to despair or defeat.

VISION BOARDS

10am to 12 noon

\$5 donation per session

2 x week group commencing Thursday Nov 30th & December 7th

Vision Boards are a tool used to help clarify life goals.

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Sorry, no childcare available.

SUPPORTED PLAYGROUP

9:30am to 11:30am

\$5 donation per session

Facilitated by Uniting on Thursdays during school terms.

Call Uniting on 1800 067 967.

