## Building Resilience Group for Women



A free education & support group for women impacted by family violence

Key components of this group are:

- 🛇 Safety
- Wellbeing support
  - Information sharing



Fridays 1 Aug - 19 Sep 10am - 12pm Group runs for 8 weeks

## **REGISTRATION IS ESSENTIAL**

## To register or for more information:



Crèche available upon request

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456 Hay St.

Perth



Centrecare

People making time for people