

Positive Pathways Workshop Calendar

Semester One: February - June 2019

Referrals required. All workshops are held by Positive Pathways at:
Unit 1/8 Yampi Way Willetton 6155 (Corner of Kembla Way)
Ph: 1800 870 149 E: admin@positivepathways.org.au



Positive Pathways

Self-Esteem & Self Confidence

This course will uncover and help you develop into the woman you want to be.

What we think we become!

Wednesdays

1. March 13th – April 10th
 2. June 5th – June 26th
- 9:45am – 1.00pm

Duration: 1. 5 weeks 2. 4 weeks

Building Healthy Connections

This course will provide you with the foundation to empower yourself and become a confident communicator.

Fridays

- March 22nd – April 12th
9:45am – 1:00pm

Duration: 4 weeks

Yoga & Sound Therapy

This workshop emphasises the importance of a healthy body and mind to enable positive life changes

**Some workshops involves light exercise*

Fridays

- Feb 15th, March 8th, April 26th,
May 31st, June 28th
9:45am – 1:00pm

**Duration: 5 workshops:
1 per month**

Keeping Safe

This workshop focusses on personal safety for women, who have experienced family & domestic violence, and includes legal, personal, home & cyber safety information and self-defence classes each week

Thursdays

- Feb 21st – March 14th
9:45am – 1:00pm

Duration: 4 weeks

Finance Skills: Jacaranda

Learn practical skills on budgeting, debt management, dealing with banks and housing and how to address potential barriers

Wednesdays

- Feb 13th & May 1st
9:45am – 2:30pm

Duration: 2 x 1 day Workshops
Facilitated by an experienced Financial Counsellor

Building Resilience

This workshop will focus on safety and wellbeing of women who are experiencing or who are at risk of experiencing family/ domestic violence.

Thursdays

- May 9th – June 20th
9:45am – 1:00pm

Duration: 7 weeks

Understanding Trauma

This presentation will help you understand how trauma may be effecting you or your families lives.

Wednesdays

1. Feb 20th – March 6th
- #### Wednesdays
2. May 15th – May 29th
- 9:45am – 1:00pm

Duration: 3 Weeks

Parenting Courses

Presented by Di Wilcox

Di is featured regularly as a parenting expert on channel 9 and runs a program called The Seedlings Program for children, parents and teachers.

Fridays

- Feb 22nd, March 15th & May 24th
9:45am – 12:00pm

Duration: 3 weeks

Art & Play Program

Mother & Children Workshop delivered by Holyoake

Wednesdays

- April 17th & 24th
9:45am – 12:00pm
Mother & Children

**Duration: 1st & 2nd week of
WA School Holidays**

Job Club

This workshop provides the groundwork to support your search and apply for jobs and training opportunities.

Thursdays Monthly

- Feb 14th, March 21st, April 11th
May 2nd, June 27th
9:45am – 2:30pm

Duration: 5 x 1 day workshops

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February 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2019

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2019

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Keeping Safe	FDV Group Building Resilience	Self-Esteem & Self Confidence	Building Healthy Connections	Yoga & Sound Therapy	Finance	Job Club	Parenting course	Ad Self Esteem & Self Confidence	Art & Play Program	Understand Trauma	School & Public Holidays
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