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Community Cuppa & Conversation	Mindful Movement & Meditation	Di Wilcox—The Magic Coat Parenting Program	Art Your Heart Out
Building Resilience	Writing for Wellbeing	Nature Walk	Marissa—On Country
Understanding Trauma	Cooking Class—Meals on a Budget	Sound Healing	Vivienne Hansen—Bush Medicine
Keeping Safe	Belly Dancing	Pressed Not Crushed	Public & School Holiday

## What is Positive Pathways?

Positive Pathways is a recovery program assisting women to lead more independent, safer and fulfilling lives. The program has been established to support women who have experienced family and/or domestic violence.

Positive Pathways strives to: Improve Wellbeing; Decrease the Impact of Family and Domestic Violence; Promote Safety of Women and Children; Prevent Family and Domestic Violence in the Community.

- Our Services**
- Inter-agency Case Management:** working with other agencies to provide holistic and referral options for women
  - Community Awareness:** Educating the community on Family and Domestic Violence, the complex issues faced and shifting community perception around this topic.
  - Coaching:** Individual and group coaching for personal and professional development.
  - Education Programs:** Holistic strategies and therapeutic approaches to support women in their recovery.

# Positive Pathways Workshop Calendar: July—December 2023

## COMMUNITY CUPPA & CONVERSATION

Come together to unwind, connect, share and enjoy a cuppa. You are invited to share in art making, knitting, crocheting, vision boarding, collaging, journaling or bring your own creative project to work on. Tea, coffee and treats will be served in an informal and relaxed space.

**Tuesday's** throughout the year, except Public Holidays **10am-12pm**

## ART YOUR HEART OUT

This workshop is designed to put you in touch with the wisdom and intelligence of your Heart. Through Mindful Heart-Brain Meditation you can access the language of your heart and strengthen your neural circuits of peace, calmness and compassion. To then capture this time-less wisdom in your very own HeART piece.

**July 19th** **10am-1pm**

## VIVIENNE HANSEN—BUSH MEDICINE

Join Vivienne Hansen, author, teacher and herbalist specializing in Noongar Bush Medicine and Homemade Remedies.

**Spaces are limited, bookings are essential.**

**July 20th** **10am-1pm**

## NATURE WALK

Spending time in nature reaps numerous benefits. Join Positive Pathways team for a walk in nature. **Bookings essential.**

**July 28th** **10am-1pm**

## COOKING CLASS—NUTRITIOUS MEALS ON A BUDGET

In collaboration with Foodbank WA, a cooking excursion to explore nutritious meal planning and budgeting, followed by cooking class.

**Spaces are limited and bookings are essential.**

**July 27th, August 3rd, 10th and 17th** **10am-1pm**

## UNDERSTANDING TRAUMA

This workshop will support you to increase awareness of your emotions; learn how stress can impact your physical and emotional well-being; learn practical strategies to manage the mind and body's responses to stress and trauma; and learn self-care strategies and ways to increase emotional safety.

**August 4th and November 3rd** **10am-1pm**

## WRITING FOR WELLNESS

A creative writing series that focuses on self-expression and personal growth through storytelling. A wonderful opportunity for self-discovery, reimagining and reframing narratives in a new and empowering way. Absolutely no prior writing experience required, just curiosity and a willingness to give it a go.

**August 9th, 16th, 23rd and 30th** **10am-12pm**  
**September 6th and 13th**

## SOUND HEALING

Experience deep relaxation by immersing yourself in a sound healing experience with Crystal Quartz Chakra Singing Bowls, Tibetan Bowls, chimes, and other sound instruments.

**Spaces are limited, bookings are essential**

**August 25th** **10am-2pm**

## PRESSED NOT CRUSHED

Sometimes life and challenging experiences may press us down; however, we are not crushed. Our 2 Hour guided pressed flower workshop explores well-being and self-care tips when you feel pressed.

Facilitated by Nicholah found of Sisters Healing Space—this is a creative opportunity to share collective stories of hope, faith and healing.

**September 1st** **10am-12pm**

## MINDFUL MOVEMENT & MEDITATION

Come together to discover the many benefits of Mindful Meditation and Movement. Each week we will come together exploring movement, breath and sound to rest our bodies and minds, using simple yet effective meditation and mindfulness techniques.

*No experience necessary.*

**October 11th, 18th and 25th, and November 1st** **10am-12.30pm**

## DI WILCOX, MAKING CONNECTIONS WITH YOUR CHILD

A two-week reflective parenting program developed and facilitated by Di Wilcox—educator and author of “The Magic Coat”, “Parenting Through the Primary Years”, and “Beneath You’re Beautiful”. Learn how to make connections with your child, and discipline with love.

**September 8th and 15th** **10am-12pm**

## BUILDING RESILIENCE

This series focuses on providing women with a greater understanding around the complex dynamics associated with Family and Domestic Violence. Key components of this group are safety, wellbeing, support and information sharing. In partnership with Centrecare.

**October 12th, 19th, 26th** **10am-1pm**  
**November 2nd, 9th and 16th**

## ON COUNTRY

Join Marissa from Bindi Bindi Dreaming on country, visit significant sites for stories and truth telling. Learn how to identify bush medicines and foods. Share in yarning and art making.

**Spaces are limited and bookings are essential.**

**October 27th** **10am-2pm**

## KEEPING SAFE

Keeping Safe is a workshop that focuses on personal safety for women who have experienced, or at risk of experiencing family and domestic violence. The three week course provides information on power and control, safe online dating, home and personal security, with guest speakers.

**November 17th, 24th and December 1st** **10am-12pm**

## BELLY DANCING

Join in the fun of belly dancing. Also known as Middle Eastern or Arabic dance, belly dance originated from Egypt and is often distinguished by circular motions of the hips and arms and use of props such as veils, finger cymbals, and swords. No experience necessary. Bring a sense of fun and willingness to try.

**December 8th and 15th** **10am-12pm**

## A special thanks to our partners



**BINYAARNS BUSH MEDICINE**



Register here  
to secure  
your place!

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