

Positive Pathways Program

Term Two: April - June 2026

Free workshops shaped by lived experience for women healing and rebuilding after violence.

April

WEEK 2

Tues 7th Empower One, Empower All - Boxing for Resilience, 11am-1pm

Wed 8th Community Cuppa & Conversation, 10am-12.30pm

Fri 10th Equine Therapy, 10am-1pm

WEEK 3

Tues 14th Empower One, Empower All - Boxing for Resilience, 11am-1pm

Thurs 16th Sound Therapy, 10am-12pm

Fri 17th Equine Therapy, 10am-1pm

WEEK 4

Tues 21st Story Lab, 10am-12pm

Wed 22nd Community Cuppa & Conversation, 10am-12.30pm

Fri 24th Equine Therapy, 10am-1pm

WEEK 5

Tues 28th Story Lab, 10am-12pm

Wed 29th Cultural Connections 'On Country - Goolamwiin', 8am-3pm

Fri 1st Equine Therapy, 10am-1pm

WEEK 2

Tues 5th Story Lab, 10am-12pm

Wed 6th Community Cuppa, 10am-12.30pm

Fri 8th Equine Therapy, 10am-1pm

WEEK 3

Tues 12th Story Lab, 10am-12pm

Fri 15th Equine Therapy, 10am-1pm

WEEK 4

Tues 19th Nature Play Mums and Bubs, 10am-12pm

Wed 20th Community Cuppa, 10am-12.30pm

Fri 22nd Building Resilience, 10am-1pm

WEEK 5

Tues 26th Nature Play Mums and Bubs, 10am-12pm

Fri 29th Building Resilience, 10am-1pm

register
here to
secure your
place

Ph: 1800 870 149 E: admin@positivepathways.org.au

w: zontahouse.org.au

*Spaces are limited, and bookings are essential



Zonta House
Refuge Association
Safe Supportive Respectful

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June

WEEK 1

Tues 2nd Nature Play Mums and Bubs, 10am-12pm

Wed 3rd Community Cuppa, 10am-12.30pm

Fri 5th Building Resilience, 10am-1pm

WEEK 2

Tues 9th Nature Play Mums and Bubs, 10am-12pm

Fri 12th Building Resilience, 10am-1pm

WEEK 3

Tues 16th Nature Play Mums and Bubs, 10am-12pm

Wed 17th Community Cuppa, 10am-12.30pm

Fri 19th Building Resilience, 10am-1pm

WEEK 4

Tues 23rd Nature Play Mums and Bubs, 10am-12pm

Fri 26th Building Resilience, 10am-1pm

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: Interagency Case Management
Community Awareness
Education Programs
Coaching


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