

Positive Pathways Program

Term Four: October to December 2026

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

october
november

WEEK 1

- Thurs 1st Pause for Life, 9.30am-12.30pm
- Fri 2nd Sound Healing, 10am-12pm

WEEK 2

- Wed 7th Community Cuppa, 10am-12.30pm
- Thurs 8th Pause for Life, 9.30am-12.30pm
- Fri 9th Equine Therapy, 10am-1pm

WEEK 3

- Tues 13th Mindful Yoga, 10am-12pm
- Thurs 15th Pause for Life, 9.30am-12.30pm
- Fri 16th Equine Therapy, 10am-1pm

WEEK 4

- Wed 21st Community Cuppa & Conversation, 10am-12.30pm
- Thurs 22nd Pause for Life, 9.30am-12.30pm
- Fri 23rd Equine Therapy, 10am-1pm

WEEK 5

- Thur 29th Pause for Life, 9.30am-12.30pm
- Fri 30th Mindful Yoga, 10am-12pm

WEEK 1

- Wed 4th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 5th Building Resilience, 10am-1pm
- Fri 6th Women's Wellness - Live Lighter, Healthy Eating on a Budget, 10am-1pm

WEEK 2

- Tues 10th Mindful Yoga 10am-12pm
- Thurs 12th Building Resilience, 10am-1pm
- Fri 13th Women's Wellness - Breast Health, 10am-1pm

WEEK 3

- Wed 18th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 19th Building Resilience, 10am-1pm
- Fri 20th Women's Wellness - Cervical Health, 10am-1pm

WEEK 4

- Tues 24th Mindful Yoga, 10am-12pm
- Wed 25th Christmas Clay Ornaments, 9.30am-11.30am
- Fri 27th Building Resilience, 10am-1pm
- Fri 27th Women's Wellness - Peri / Menopause, 10am-1pm

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december

WEEK 1

- Wed 2nd Community Cuppa & Conversation, 10am-12.30pm
- Thurs 3rd Building Resilience, 10am-1pm
- Fri 4th Sound Healing, 10am-12pm

WEEK 2

- Wed 9th On Country Excursion, 9am-3pm
- Thurs 10th Building Resilience, 10am-1pm

WEEK 3

- Wed 16th Community Cuppa & Conversation, 10am-12.30pm - *please check for location*
- Thurs 17th Nature Walk, 10am-1pm

WEEK 4

- Mon 21st Nature Play Mums and Kids, 10am-1pm

Positive Pathways will close for the Christmas period, returning in the New Year!

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


Zonta House
Refuge Association
Safe Supportive Respectful

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



Positive Pathways