

# Positive Pathways Program

Term Three: July to September 2025

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

july  
august

## WEEK 1

- Wed 2nd Community Cuppa & Conversation, 10am-12.30pm
- Thurs 3rd Breathwork for Beginners, 10am-12.30pm
- Fri 4th Nature Walk, 10am-12.30pm

## WEEK 2

- Tues 8th Self-Advocacy, 10am-1pm
- Thurs 10th Breathwork for Beginners, 10am-12.30pm
- Fri 11th Nature Play Mums and Kids (all ages), 10am-1pm

## WEEK 3

- Wed 16th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 17th Breathwork for Beginners, 10am-12.30pm
- Fri 18th Art Therapy, 10am-12pm

## WEEK 4

- Tues 22nd Empower One, Empower All - Boxing Based Resilience Training, 10am-12.30pm
- Thurs 24th Breathwork for Beginners, 10am-12.30pm
- Fri 25th Sound Therapy, 10am-12.30pm

## WEEK 5

- Tues 29th Empower One, Empower All - Boxing Based Resilience Training, 10am-12.30pm
- Wed 30th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 31st Dance Movement Therapy, 10am-12.30pm

## WEEK 1

- Mon 4th Nature Play, Mums and Bubs 0-4 years, 10am-12pm
- Tues 5th Empower One, Empower All - Boxing Based Resilience Training, 10am-12.30pm
- Thurs 7th Dance Movement Therapy, 10am-12.30pm

## WEEK 2

- Mon 11th Nature Play, Mums and Bubs 0-4 years, 10am-12pm
- Tues 12th Empower One, Empower All - Boxing Based Resilience Training, 10am-12.30pm
- Wed 13th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 14th Dance Movement Therapy, 10am-12.30pm

## WEEK 3

- Mon 18th Nature Play, Mums and Bubs 0-4 years, 10am-12pm
- Tues 19th Empower One, Empower All - Boxing Based Resilience Training, 10am-12.30pm
- Thurs 21st Dance Movement Therapy, 10am-12.30pm

## WEEK 4

- Mon 25th Nature Play, Mums and Bubs 0-4 years, 10am-12pm
- Tues 26th Empower One, Empower All - Boxing Based Resilience Training, 10am-12.30pm
- Wed 27th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 28th Dance Movement Therapy, 10am-12.30pm

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september

WEEK 1

- Mon 1st Nature Play, Mums and Bubs 0-4 years, 10am-12pm
- Tues 2nd Story Lab, 10am-12pm
- Thurs 4th Dance Movement Therapy, 10am-12.30pm
- Fri 5th Equine Therapy, 10am-12.30pm

WEEK 2

- Mon 8th Nature Play, Mums and Bubs 0-4 years, 10am-12pm
- Tues 9th Story Lab, 10am-12pm
- Wed 10th Community Cuppa & Conversation, 10am-12.30pm
- Fri 12th Equine Therapy, 10am-12.30pm

WEEK 3

- Tues 16th Story Lab, 10am-12pm
- Wed 17th Nature Walk, 10am-1pm
- Fri 19th Equine Therapy, 10am-12.30pm

WEEK 4

- Tues 23rd Story Lab, 10am-12pm
- Wed 24th Community Cuppa & Meditation, 10am-12.30pm
- Thurs 25th Art Therapy

## 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 14 E: [admin@positivepathways.org.au](mailto:admin@positivepathways.org.au)  
w: [zontahouse.org.au](http://zontahouse.org.au)

\*Spaces are limited, and bookings are essential



Positive Pathways