

Positive Pathways Program

Term Three; July to Sept 2026

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

July

WEEK 1

- Wed 1st Community Cuppa & Conversation, 10am-12.30pm
- Fri 3rd Mindfulness Meditation, 10am-12pm

WEEK 2

- Tues 7th Boxing for Resilience, 11am -1pm
- Thurs 9th Baby Massage, 10am-12pm
- Fri 10th Mindfulness Meditation, 10am-12pm

WEEK 3

- Tues 14th Boxing for Resilience, 11am-1pm
- Wed 15th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 16th Baby Massage, 10am-12pm
- Fri 17th Mindfulness Meditation, 10am-12pm

WEEK 4

- Tues 21st Boxing for Resilience, 11am-1pm
- Thurs 23rd Baby Massage, 10am-12pm
- Fri 24th Mindfulness Meditation, 10am-12pm

WEEK 5

- Mon 27th Sing and Grow Music Therapy, 10am-12pm
- Tues 28th Boxing for Resilience, 11am-1pm
- Wed 29th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 30th Baby Massage, 10am-12pm

WEEK 1

- Mon 3rd Sing and Grow Music Therapy, 10am-12pm
- Tues 4th Boxing for Resilience, 11am-1pm
- Thurs 6th Mid-year Creative Wellbeing Workshop, 10am-1pm

WEEK 2

- Mon 10th Sing and Grow Music Therapy, 10am-12pm
- Tues 11th Boxing for Resilience, 11am-1pm
- Wed 12th Community Cuppa & Conversation, 10am-12.30pm
- Fri 14th Equine Therapy, 10am-1pm

WEEK 3

- Mon 17th Sing and Grow Music Therapy, 10am-12pm
- Tues 18th Nature Walk, 10am-1pm
- Fri 21st Equine Therapy, 10am-1pm

WEEK 4

- Mon 24th Sing and Grow Music Therapy, 10am-12pm
- Wed 26th Community Cuppa & Conversation, 10am-12.30pm
- Fri 28th Equine Therapy, 10am-1pm

August

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september

WEEK 1

Mon 31st Sing and Grow Music Therapy, 10am-12pm

Tues 1st Art Therapy, 10am-1pm

Thurs 3rd Healing Dolls, 10am-1pm

WEEK 2

Mon 7th Sing and Grow Music Therapy, 10am-12pm

Wed 9th Community Cuppa & Conversation, 10am-12.30pm

Thurs 10th Healing Dolls, 10am-1pm

Fri 11th Bringing Up Great Kids - Adolescents, 10am-12pm

WEEK 3

Mon 14th Sing and Grow Music Therapy, 10am-12pm

Tues 15th Building Healthy Relationships, 10am-1pm

Thurs 17th Art Therapy, 10am-1pm

Fri 18th Bringing Up Great Kids - Adolescents, 10am-12pm

WEEK 4

Tues 22nd Building Healthy Relationships, 10am-1pm

Wed 23rd Community Cuppa & Conversation, 10am-12.30pm

Fri 25th Bringing Up Great Kids - Adolescents, 10am-12pm

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

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



Positive Pathways