

Positive Pathways Program

Term Four: October to December 2025

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

october
november

WEEK 1

- Thurs 2nd Mindfulness Meditation, 10am-12pm
- Fri 3rd Art Therapy, 10am-12pm

WEEK 2

- Mon 6th Nature Play, Mums & Kids (all ages) 10am-1pm
- Wed 8th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 9th Mindfulness Meditation, 10am-12pm

WEEK 3

- Thurs 16th Mindfulness Meditation, 10am-12pm
- Fri 17th Equine Therapy, 10am-12.30pm

WEEK 4

- Wed 22nd Community Cuppa & Conversation, 10am-12.30pm
- Thurs 23rd Mindfulness Meditation, 10am-12pm
- Fri 24th Equine Therapy, 10am-12.30pm / Building Resilience - Centrecare, 10am-1pm

WEEK 5

- Tues 28th Australia Native Bush Flower Essences, 10am-12pm
- Fri 31st Equine Therapy, 10am-12.30pm / Building Resilience - Centrecare, 10am-1pm

WEEK 1

- Tues 4th Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Wed 5th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 6th Sensory Explorers - Zonta House's Recovery Support Program, 10am-1pm
- Fri 7th Building Resilience - Centrecare, 10am-1pm

WEEK 2

- Tues 11th Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Wed 12th Sound Healing, 10am-12pm
- Thurs 13th Sensory Explorers - Zonta House's Recovery Support Program, 10am-1pm
- Fri 14th Building Resilience - Centrecare, 10am-1pm

WEEK 3

- Tues 18th Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Wed 19th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 20th Sensory Explorers - Zonta House's Recovery Support Program, 10am-1pm
- Fri 21st Building Resilience - Centrecare, 10am-1pm

WEEK 4

- Tues 25th Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Thurs 27th Sensory Explorers - Zonta House's Recovery Support Program, 10am-1pm
- Fri 28th Building Resilience - Centrecare, 10am-1pm

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december

WEEK 1

- Tues 2nd Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Wed 3rd Community Cuppa & Conversation, 10am-12.30pm
- Thurs 4th Sound Healing, 10am-12pm
- Fri 5th Building Resilience - Centrecare, 10am-1pm

WEEK 2

- Tues 9th Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Wed 10th Christmas Ornaments - Resin Workshop, 10am-12pm
- Thurs 11th Nature Walk - Beach, 10am-1pm

WEEK 3

- Tues 16th Christmas Wreaths Crafting, 10am-1pm
- Wed 17th Community Cuppa & Conversation, 10am-12.30pm - *please check for location*
- Thurs 18th Nature Walk - Bush, 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