

Positive Pathways Program

Term One: January March 2026

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

January

WEEK 2	Wed 7th	Art Play: Vision Board and Goal Setting, 10am-1pm
	Fri 9th	Mindfulness Meditation, 10am-12.30pm
WEEK 3	Wed 14th	Community Cuppa & Conversation, 10am-12.30pm
	Fri 16th	Mindfulness Meditation, 10am-12.30pm
WEEK 4	Thurs 22nd	The Crafting Circle, 10am-12.30pm
	Fri 23rd	Mindfulness Meditation, 10am-12.30pm
WEEK 5	Wed 28th	Community Cuppa & Conversation, 10am-12.30pm
	Thurs 29th	Nature Play Mums and Kids (all ages), 10am-12pm
	Fri 30th	Mindfulness Meditation, 10am-12.30pm

February

WEEK 1	Tues 5th	Waves of Wellness, 10am-1pm
	Fri 6th	Women's Story Circle - Creative Writing, 10am-12pm
WEEK 2	Tues 10th	C.A.R.E. 'Four Steps of Self-Care, 10am-12pm
	Wed 11 th	Community Cuppa & Conversation, 10am-12.30pm
	Thurs 12th	Waves of Wellness, 10am-1pm
	Fri 13th	Women's Story Circle - Creative Writing, 10am-12pm
WEEK 3	Tues 17th	C.A.R.E. 'Four Steps of Self-Care, 10am-12pm
	Thurs 19th	Waves of Wellness, 10am-1pm
	Fri 20th	Women's Story Circle - Creative Writing, 10am-12pm
WEEK 4	Tues 24th	C.A.R.E. 'Four Steps of Self-Care, 10am-12pm
	Wed 25th	Community Cuppa & Conversation, 10am-12.30pm
	Thurs 26th	Waves of Wellness, 10am-1pm
	Fri 27th	Women's Story Circle - Creative Writing, 10am-12pm

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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March

WEEK 1

- Tues 3rd C.A.R.E. ' Four Steps of Self-Care, 10am-12pm
- Wed 4th The Crafting Circle, 10am-12.30pm
- Thurs 5th Waves of Wellness, 10am-1pm

WEEK 2

- Tues 10th Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Wed 11th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 12th Waves of Wellness, 10am-1pm

WEEK 3

- Tues 17th Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Thurs 19th Waves of Wellness, 10am-1pm

WEEK 4

- Tues 24th Empower One, Empower All - Boxing for Resilience, 11am-1pm
- Wed 25th Community Cuppa & Conversation, 10am-12.30pm
- Thurs 26th Waves of Wellness, 10am-1pm

WEEK 5

- Mon 30th The Crafting Circle, 10am-12.30pm
- Tues 31st Empower One, Empower All - Boxing for Resilience, 11am-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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