

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

- Thurs 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 11th 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

Positive Pathways Program

Term One: January - March 2026

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


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