

February 2024						
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11	12	13	14	15	16	17
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March 2024						
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31						

April 2024						
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May 2024						
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June 2024						
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30						

Community Cuppa & Conversation	Activate Your Voice with Prita	Art Pop-Up	Circle of Security
Cooking Class—Meals on a Budget	Sound Healing	Mindful Movement & Meditation	Feeling Safe & Free
Healing Dolls	Art Your Heart Out	Self-Advocacy	Public & School Holiday

## 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**
- Inter-agency Case Management:** working with other agencies to provide holistic and referral options for women
  - Community Awareness:** Educating the community on Family and Domestic Violence, the complex issues faced and shifting community perception around this topic.
  - Coaching:** Individual and group coaching for personal and professional development.
  - Education Programs:** Holistic strategies and therapeutic approaches to support women in their recovery.

# Positive Pathways Workshop Calendar: January to July 2024

## COMMUNITY CUPPA & CONVERSATION

Come together to unwind, connect, share and enjoy a cuppa. You're invited to share in art making, knitting, crocheting, vision boarding, collaging, journaling or bring your own creative project to work on. Tea, coffee and treats will be served in an informal and relaxed space.

**Wednesday's** fortnightly throughout the year **10am-12pm**

## ART YOUR HEART OUT

This workshop is designed to put you in touch with the wisdom and intelligence of your Heart. Through Mindful Heart-Brain Meditation you can access the language of your heart and strengthen your neural circuits of peace, calmness and compassion. To then capture this timeless wisdom in your very own HeART piece.

**June 11th** **10am-1pm**

## COOKING CLASS—NUTRITIOUS MEALS ON A BUDGET

In collaboration with Foodbank WA, a cooking excursion to explore nutritious meal planning and budgeting, followed by cooking class.

*Spaces are limited and bookings are essential.*

**February 27th** **10am-12.30pm**  
**March 5th, 12th and 19th**

## SOUND HEALING

Experience deep relaxation by immersing yourself in a sound healing experience with Crystal Quartz Chakra Singing Bowls, Tibetan Bowls, chimes, and other sound instruments.

*Spaces are limited, bookings are essential.*

**February 1st and April 19th** **10am-12pm**

## HEALING DOLLS

These dolls are inspired by stories of Aboriginal women who were unable to have their own dolls as children. Made out of various materials and wrapped in cloth, old clothes, coats or whatever was available, these dolls make beautiful keepsakes for young and old. Hear about the history of Healing Dolls and make your own. In partnership with Catherine Bynder and Langford Aboriginal Association.

*As places are limited, bookings are essential.*

**April 16th and 23rd** **10am-1pm**

## ACTIVATE YOUR VOICE

A four-week singing program to activate your voice, promote healing and express yourself through music. A mixture of vocal exercises, breathing techniques and guided meditations. Bring an openness and willingness to learn and try new things. No singing experience necessary.

*Spaces are limited, bookings are essential.*

**February 8th, 15th, 22nd and 29th** **10am-12pm**

## CIRCLE OF SECURITY

This 8-week program is designed for parents/carers with children aged 0-12. Learn ways to respond to your child's emotional needs and strengthen bonds between children.

**February 2nd, 9th, 16th and 23rd**

**March 1st, 8th, 15th and 22nd** **10am-1pm**

## MINDFUL MOVEMENT & MEDITATION

Come together to discover the many benefits of Mindful Meditation and Movement. Each week we will come together exploring movement, breath and sound to rest our bodies and minds, using simple yet effective trauma informed meditation and mindfulness techniques. *Spaces are limited, bookings are essential.*

**May 3rd, 10th, 17th & 24th** **10am-12.30pm**

## SELF ADVOCACY

This interactive workshop aims to build skills and confidence for women rebuilding their lives. Strength based and focused on preparing for meetings, women will leave with their own tailor-made self-advocacy tool kit. A self-care component allows women to explore ways of maintaining overall wellbeing.

**February 6th** **10am-12pm**

## FEELING SAFE AND FREE

The Feeling Safe and Free project is a community-led initiative that creates safe spaces for women to engage in conversations about challenging but important issues around harassment, consent, coercive control, intimate abuse, and safe relationships.

**May 7th, 14th and 21st** **10am-12pm**

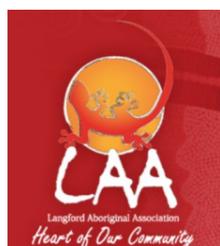
## ART POP-UPS

A series of Art Workshops with guest artist facilitators to guide and inspire.

**March 28th, April 30th, May 31st and June 28th**

**10am-1pm**

## A special thanks to our partners



Register here  
to secure  
your place!

Ph: 1800 870 149 E: [admin@positivepathways.org.au](mailto:admin@positivepathways.org.au)