



July 2024						
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14	15	16	17	18	19	20
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28	29	30	31			

August 2024						
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September 2024						
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October 2024						
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November 2024						
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December 2024						
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29	30	31				

Community Cuppa & Conversation	Building Resilience	Mindful Movement & Meditation	Waves of Wellness
Equine Assisted Therapy	Creative Art Therapy—Vision Queens	Nature Walk	Me, Myself & Money
Women's Story Circle	Sound Healing	Meditation in Nature	Lived Experience—Creative Writing
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 South Workshop Calendar: July to December 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.
Wednesdays fortnightly, except Public Holidays **10am-12pm**

BUILDING RESILIENCE

This series focuses on providing women with a greater understanding around the complex dynamics associated with Family and Domestic Violence. Key components of this group are safety, wellbeing, support and information sharing. In partnership with Centrecare. **Bookings are essential.**

Friday July 19th, 26th, August 2nd, 9th, 16th and 23rd **10am-1pm**

SOUND HEALING

Experience deep relaxation by immersing yourself in a sound healing experience with Crystal Quartz Chakra Singing Bowls, Tibetan Bowls, Chimes, Gongs and other sound instruments. **Spaces are limited, bookings are essential.**

July 25th and November 8th **10am-12pm**

ART THERAPY—VISION QUEENS

Make a stunning Vision Queen—a symbol of the life you dream of. If you sometimes wonder where you've disappeared in your life, this workshop is the perfect opportunity to find yourself again, discover your super powers and re-connect with your inner wisdom.

No art experience required—suits absolute beginners.

August 6th and 13th **10am-1pm**

WAVES OF WELLNESS

Experience the healing power of the ocean and the joy of being on the water, as we explore how surfing can enhance your mental well-being. Dive into the therapeutic waves with us, and find a boost in your physical health, emotional balance, and overall sense of vitality.

For absolute beginners.

Thursday August 1st, 8th, 15th, 22nd and 29th

Thursday September 5th, 12th and 19th **10am-1pm**

NATURE WALK

Take a walk in one of Perth's many nature parks and reserves. Being in nature provides many benefits such as improved mood and sense of wellbeing. Lunch provided. **Bookings essential.**

Wednesday September 4th and November 13th **10am-1pm**

ARTS & CULTURAL CONNECTIONS

A series of Art Workshops with guest artist facilitators to expertly guide and inspire: **10am-1:00pm, bookings are essential.**

July 16th Art Therapy—Reach for the Stars!

Jul 24th Cultural Connections—Bush Medicine

Aug 20th Bush Tucker for Health

Sept 18th Art Therapy—Understanding Safe & Healthy Boundaries

Oct 15th Cultivating Wellness with Essential Oils

Nov 26th Cultural Connections—Community Art Piece

Stay tuned for more pop-up workshops being added throughout the year!

Visit our online calendar for the latest updates and information.

A special thanks to our partners



Department of Local Government, Sport and Cultural Industries

Register here to secure your place!

Ph: 1800 870 149 E: admin@positivepathways.org.au