

# Positive Pathways Program Workshop Calendar



Semester Two: July to December 2024

Positive Pathways



July 2024						
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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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22	23	24	25	26	27	28	
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

## 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

#### **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 vet effective meditation and mindfulness techniques.

No experience necessary. Bookings are essential.

Friday August 30th, September 6th 13th and 20th

10am-12pm

#### **ME MYSELF AND MONEY**

An economic empowerment workshop for women. Topics covered: understanding healthy financial relationships; understanding debt and ways to manage it; know your rights; build more financial resilience. In collaboration with Jacaranda Financial Counselling.

Spaces are limited and bookings are essential.

Thursday October 3rd, 10th, 17th, 24th

10am-1pm

#### **EQUINE ASSISTED THERAPY**

A unique and transformational program offering therapeutic time with horses to help heal, reflect and grow. Each week builds upon topics such as calm awareness, boundaries and relationship, and resilience.

Spaces are limited and bookings are essential.

Oct 11th, 18th and 25th

10am-1pm

#### THE LIVED EXPERIENCE CREATIVE WRITING PROGRAM

A gently guided lived experience creative writing program to capture stories and gain perspective on life experiences. **Bookings essential.** Nov 12th 10am-2pm

#### **WOMEN'S STORY CIRCLE**

Unleash your creativity! Over several weeks, explore the art of creative writing in a supportive environment. Learn techniques to craft compelling narratives and discover the power of your personal experiences. Join us to find your voice and inspire others! Spaces are limited and bookings are essential.

Nov 7th, 14th and 21st 10am-1pm

#### **MEDITATION IN NATURE**

Reconnect with nature and find inner peace in our serene Meditation in Nature workshop. Join us for guided meditations amidst the beauty of the outdoors, where you'll learn to center your mind and soul. Experience the calming effects of nature and leave feeling refreshed and revitalized. Spaces are limited and bookings are essential.

Dec 5th, 12th and 19th 10am-12pm

#### **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! **Sept 18th** Art Therapy—Understanding Safe & Healthy Boundaries

Cultural Connections—Bush Medicine Jul 24th Oct 15th Cultivating Wellness with Essential Oils

Aug 20th Bush Tucker for Health **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













