



January 2025						
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February 2025						
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March 2025						
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April 2025						
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May 2025						
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June 2025						
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Community Cuppa & Conversation	Waves of Wellness	Building Resilience	Equine Assisted Therapy
Women's Story Circle	Me Myself & Money	Mindful Movement & Meditation	Nature Play School Holiday Program
Lived Experience Creative Writing	Nature Play Mums & Bubs	Beat It—Drum Therapy	Creating Healthy Boundaries
Lived Experience Advocacy	Arts & Cultural Connections	Public Holidays	

## 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.

- 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 2025

## COMMUNITY CUPPA & CONVERSATION

Come together to unwind, connect, share and enjoy a cuppa. You are invited to share in art making or bring your own creative project to work on. Tea, coffee and treats served in an informal and relaxed space.

**First Wednesday of the month** throughout the year—excluding public holidays. **10am-12pm**

## 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 February 6th, 13th, 20th and 27th**  
**Thursday March 6th, 13th, 20th and 27th** **9am-12.30pm**

## 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 February 7th, 14th, 21st, 28th; March 7th and 14th** **10am-1pm**

## WOMEN'S STORY CIRCLE

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.**

**Tuesday February 18th and 25th, March 4th and 11th** **10am-1pm**

## LIVED EXPERIENCE CREATIVE WRITING

A gently guided creative writing program to capture stories and gain perspective on life experiences. **Spaces are limited and bookings are essential.**

**Thursday 9th January** **10am-2pm**

## LIVED EXPERIENCE ADVOCACY WORKSHOP

Join us as we explore aspects of being a Lived Experience Advocate. This workshop offers those that feel ready an opportunity to write about their lived experience in whatever way they choose, and to learn some basic public speaking techniques. **Spaces are limited and bookings are essential.**

**Friday 10th January** **10am-2pm**

## NATURE PLAY MUMS & BUBS

A five-week program focusing on introducing and inspiring mums to engage and connect with nature and with their children for the health, development and wellbeing of both mum & bub. Ages 0-4 years. **Spaces are limited and bookings are essential.**

**Monday March 10th, 17th, 24th, 31st, and April 7th** **10am-12pm**

## NATURE PLAY MUMS & KIDS—SCHOOL HOLIDAY PROGRAM

An interactive nature play event for mums and kids of all ages. **Spaces are limited and bookings are essential.**

**Tuesday April 22nd** **10am-12pm**

## ARTS & CULTURAL CONNECTIONS

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

**March 25th, April 30th, May 28th and June 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.**

**Friday March 28th, April 4th and 11th** **10am-1pm**

## EQUINE ASSISTED THERAPY—MUMS & CHILDREN

A school holiday program for mums and their children to experience together how being with horses cultivates connection and play.

**Spaces are limited and bookings are essential.**  
**Thursday April 17th** **9.30am-11.30am**

## BEAT IT! DRUM THERAPY—DRUMMING CIRCLE

Beat It—Drum Therapy! Using drums, percussion, movement and voice, drumming circles provide a safe space to be you, release your burden, stress and anxiety and to feel whole.

**Spaces are limited and bookings are essential.**  
**Friday May 9th, 16th and 23rd** **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.

**Thursday May 8th, 15th, 22nd and 29th** **10am-1pm**

## CREATING HEALTHY BOUNDARIES

A two part series offering practical tools to help you confidently recognise and express your limits, protect your emotional well-being and foster positive relationships. Perfect for those looking to deepen self-care, resilience, and emotional awareness

**Spaces are limited and bookings are essential.**  
**Wednesday February 26th and March 12th** **10am-1pm**

## MINDFUL MOVEMENT & MEDITATION

Come together to discover the many benefits of Mindful Movement and Meditation. 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.**

**Friday June 6th, 13th, 20th and 27th** **10am-12:30pm**



[www.juicecreativ.com](http://www.juicecreativ.com)



Register here  
to secure  
your place!

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