



**Relationships Australia and Central Women's Health are proud to offer Women, Choice & Change.**

## **Women: Choice and Change Group** **(In person at Central West Women's Health Centre)**

Women: Choice and Change is a 6-session group for women who have experienced family violence. The aim of the course is to provide women with the skills and understanding necessary to help them move forward in their lives. During the group, participants will have a chance to connect with others who have had similar experiences, to talk through their issues and to consider positive choices and strategies for the future.

Topics covered include:

- Understanding the impact of family violence
- Grief and loss
- Communication and conflict resolution
- Stress management
- Self-esteem
- Equality in relationships

### **BATHURST REGION**

Dates: **25<sup>th</sup> of May, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> of June 2022 (Wednesday evenings- 6 weeks)**  
 Pre-Group interviews required by appointment

Time: **5:30PM to 8.00PM**

Location: **Central West Women's Health Centre**  
 61 Boyd Street, Kelso NSW 2795

Cost: **Nil**

To make a booking, or for more information please call:

**02 6333 8888 or email [bathurstfrc@ransw.org.au](mailto:bathurstfrc@ransw.org.au)**