



# Reclaim your Path

**Pathways to Empowerment is a 9 week course for women who are recovering from family and domestic violence.**

The group is about reconnecting with yourself, working out what sort of life you want, and the practical steps you can take to achieve this.

It will include creative activities to help you think about your hopes, values & skills, and a lot of information and support if you would like to study or get a job.

**Pathways to  
Empowerment**



Supported by  
**Government of  
South Australia**

**Term 3, 2022**  
**9.30 am - 2.00 pm**  
*(lunch provided)*

**Tuesdays from**

**2<sup>nd</sup> Aug to 28<sup>th</sup> Sept (9 weeks)**

*Central suburbs location to be advised on registration*

For further information please email [program@zahrafoundation.org.au](mailto:program@zahrafoundation.org.au)

or call the Zahra Foundation Office on **83521889**