



'Early Paths to Empowerment' is a 9 week course for 18-35 year old women who have experienced domestic violence.

The group is about connecting with yourself, your strengths, values and interests and planning for more autonomy, confidence, assertion and a safer future free from violence.

It will include creative activities to help you think about your hopes, values & skills, and a lot of information and support to set goals.



Early Paths

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

Thursdays
from Aug 4th to Sept 29th

Location to be advised on registration (close to city)

To register and for further information please email

program@zahrafoundation.org.au or call the Zahra Foundation Office On **8352 1889**