



Zahra
Foundation
Australia

Pathways to Empowerment

Pathways to Empowerment is a four part, group learning program made up of four x9 week courses for women who are recovering from family & domestic violence.

The group is about reconnecting with yourself, using creative activities to help you think about your hopes, values & skills. It includes exploring healthy relationships, communication and decisions and a lot of information and support if you would like to study or get job.

Term 1 2023

**Offered Tues, Weds, Thurs or Friday
9.30 am-2.00 pm**

*Locations advised on registration
(lunch provided)*

**Choose your
path...**



Supported by
Government
of South Australia

**Choose a Pathways to Empowerment
(PTE) course:**

**PTE Healthy Communication
Tuesdays Northern location
From Feb 14**

**PTE Healthy Decisions
Wednesdays Southern location
From Feb 15**

**PTE Healthy Relationship
Thursdays Central location
From Feb 16**

**PTE Healthy Futures
Fridays Western location
From Feb 17**

For further information please email program@zahrafoundation.org.au

or call the Zahra Foundation Office on 83521889