

# PATHWAYS TO EMPOWERMENT

Pathways to Empowerment is a Free 4 part, group learning program made up of 4 x 9 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.

Also covers a lot of information and support if you would like to study or get a job

[www.zahrafoundation.org.au](http://www.zahrafoundation.org.au)

## CONTACT US

For More Information



**08 8352 1889**



[program@zahrafoundation.org.au](mailto:program@zahrafoundation.org.au)



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## DETAILS

Pathways To Empowerment Program

- Healthy Communications
- Healthy Decisions
- Healthy Relationships
- Healthy Futures

Expressions of interest are being taken now for 2023 school terms.