



Wednesday
18 Sep, 2019
9:30am-2pm

Women's Circle

Unwind, relax and share experiences together!

Through mindfulness exercises, goal setting and sharing experiences, this workshop will help you relax, meditate, and think about the first steps in getting job ready!

Share your stories and experiences with other women. Learn and laugh together!

You will have an opportunity to:

- Develop social skills
- Meet new people
- Build self-esteem and self-worth
- Have a lot of fun!

This session will be facilitated by Elanor Seeto from Ascent Counselling.



VENUE
Metro Assist Head Office
Level 2, 59-63 Evaline Street
Campsie NSW 22194

TIME & DATE
9:30am - 2:00pm
Wednesday 18 September, 2019

REGISTRATION
Contact Maissa (02) 9789 3744
maissa.swellam@metroassist.org.au

Registration is essential
Light lunch provided

