

MAKE, CAKE, COFFEE & CRECHE



Get Creative through Self-care activities

Highlights included vision boards, group art, affirmation cards, and storytelling. Hands-on crafts like clay moulds, dreamcatchers, and self-care kits support mindfulness and healing. The workshops celebrate culture, encourage personal growth, and end with festive gift-making and goal setting.



Morning Tea & Coffee catch ups

Complimentary morning tea will be provided, including fresh coffee, a variety of teas, light snacks, sweets, and cake for participants to enjoy during the workshops.



Activities for the Kiddies too

Children are welcome to attend and will be cared for by volunteer youth participants. They'll enjoy age-appropriate activities that are thoughtfully themed to align with the women's workshop sessions, such as art, craft, and storytelling — ensuring a fun, safe, and engaging experience for all.

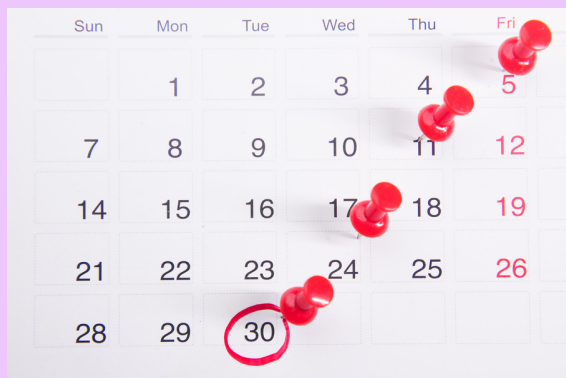


Make new friends

The workshop offers a warm, welcoming space where participants will meet other women, share stories, and build meaningful connections. Through group activities and shared experiences, there are plenty of opportunities to make new friends, feel supported, and grow together.



FREE FORTNIGHTLY ACTIVITIES!



PUT THESE DATES IN YOUR CALENDAR!

This is a series of 11 Fortnightly workshops running right up until Christmas, with a different creative and empowering activity each week. Each session offers a chance to learn something new, connect with others, and take time for self-care in a supportive, welcoming space.

JOIN US HERE



**6TH AUGUST 2025 -
10TH DECEMBER 2025**



**EVERY WEDNESDAY
FORTNIGHT 10AM-12PM**



**BLIGH PARK
NEIGHBOURHOOD CENTRE**
4 Sirius Road, Bligh Park NSW

Call to book or scan QR Code below
(02) 4572 5898



**SPACES ARE LIMITED, REGISTER
TODAY TO AVOID MISSING OUT**

6/8/25

Claiming Identity- Vision Boards & Introductions

20/8/25

Safe Connections: Group Art Collage: 'What Connection Means'

3/9/25

Finding My Voice Confidence: Affirmation Card Decks, Mandala & Confidence Mapping

17/9/25

Nurturing the Inner Self: Clay Hand Moulds & Gentle Journaling

1/10/25

Stories We Tell: Aboriginal and Multicultural art and story telling.

15/10/25

Grounding in Strength: Dreamcatcher Craft & Strength Sharing

29/10/25

Letting Go: Leaf Painting & Release Ritual

12/11/25

Joy & Play: Creative Scrapbooking & Music Sharing

26/11/25

Self-Care: FREE MINI MASSAGE, Self-Care Kits (bath bombs, wax melt making)

10/12/25

Giving thanks: Personalised Christmas ornaments and gifts