



## FREE Women's Empowerment Workshops - Term 3

**No matter your background, YOU are welcome here**

*Funded by the Australian Government Department of Social Services.*

Join our "Women's Empowerment Free Workshop" series, designed to uplift and empower women from all backgrounds. All women are welcome. This series includes:

- Women's Self Defence
- Self Care and Wellbeing (Yoga, Physio Chi, and more)
- Creative Art Therapy (various forms)
- Cooking and more

All designed to help women thrive and build confidence.

**Dandenong**

By attending, you'll gain:

- Increased awareness of available support services
- Stronger social connections through shared experiences
- Confidence to self-advocate and share knowledge within your community



**Paddy O'Donoghue Centre**  
18-34 Buckley Street, Noble Park



**23<sup>rd</sup> July to 3<sup>rd</sup> September 2025**  
Wednesdays, 10:30am-12:30pm



SCAN HERE



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