



Turning the Page* is a women's support group created by Parramatta/Holroyd Family Support Inc., designed to educate and empower women who have experienced domestic violence.

The group will run across two terms, during which we will cover key topics such as:

- ◆ Practical lifestyle changes
 - ◆ Supports available
 - ◆ Self-care
 - ◆ Managing emotions
- ◆ Building healthy relationships
- ◆ Identifying individual strengths and goals

**This group is designed for women who are no longer in a relationship where there is domestic violence, and may not be suitable for women who are currently in the relationship. If you are currently experiencing domestic violence and are seeking assistance, please call the DV hotline: 1800 656 483 (24hrs).*

When

Thursdays, 10AM to 12PM

Term 3: 02/08/2018 to 27/08/2018 & Term 4: 25/10/2018 to 06/12/2018

(term 2 dates may be changed)

Where

Parramatta/Holroyd Family Support, Inc.
37 Collins Street,
Pendle Hill NSW 2145

Cost

FREE

FREE childcare available

Please hurry as places are limited!*

*Women are welcome from all over Sydney, however, priority will be given to women who are currently living in the Parramatta/Holroyd LGA.

For enquiries, please call **Robyn or Jodi on 9636 8437.**