

EVERY MONDAY FOR 6 WEEKS STARTING 20<sup>TH</sup> OCTOBER

# WOMEN'S SEWB WELLBEING GATHERING

A space for women to slow down, connect, and explore wellbeing through support, creativity, and yarning.



**MONDAYS**

**1:00PM - 2:30PM**

For six weeks starting from the  
20<sup>th</sup> October 2025



**CAHS - WELLBEING HUB**

17-19 Castlereagh street Coonamble



**FREE AFTERNOON  
TEA PROVIDED**



**WOMEN AGED +18**

You don't have to be a CAHS patient  
to take part. Spots are limited.



**COME FOR A YARN**



**JOIN IN FOR SOME  
ARTS & CRAFTS**



**LEARN WAYS TO TAKE CARE OF  
YOURSELF AND MANAGE STRESS**



**LEARN WAYS TO BUILD HEALTHY  
RELATIONSHIPS & BOUNDARIES**



**LEARN TOPICS ABOUT  
WOMEN'S HEALTH**



**TIPS ON NUTRITION AND  
HOLISTIC WELLBEING**

**REGISTER  
HERE**



For more information contact:

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CTG ABORIGINAL HEALTH



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ABORIGINAL HEALTH SERVICES