

EVERY MONDAY FOR 6 WEEKS STARTING 23RD FEBRUARY

WOMEN'S SEWB WELLBEING GROUP

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



MONDAYS

10:30AM - 12:00PM

For six weeks starting from the
23rd February to 30th March



CAHS - WELLBEING HUB

17-19 Castlereagh street Coonamble
(CAHS Administration Building)



**ITS FREE & MORNING
TEA PROVIDED**



ANY WOMEN AGED +18

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



COME FOR A YARN



**JOIN IN 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**

TO FIND
OUT
MORE

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CTG ABORIGINAL HEALTH



COONAMBLE
ABORIGINAL HEALTH SERVICES