

SOCIAL & EMOTIONAL WELLBEING GROUP



Thursdays | 12pm - 2pm

Alternating between

21 Scott St Heywood & 39 Hammond St Hamilton

If you're struggling with mental health or worried about relapsing, our weekly SEWB group is a safe space to come yarn, have a feed and connect with workers and community members.

👤 Smoking Ceremony

👤 Yarn

👤 Food

👤 Activities

NEXT DATES

April 2 | Hamilton **April 23** | Heywood

April 9 | Heywood **April 30** | Hamilton

April 16 | Hamilton

CONTACTS

Julie | 0493 593 682 | julielong@windamara.com

Saige | 0429 961 474 | saigebell@windamara.com

If you need a lift, let us know

