

Wellbeing Sistas

Wellbeing Sistas is a 10 week program for Aboriginal and Torres Strait Islander women.

This group aims to help participants to:

- Engage with other women in their community,
- Empower participants to access health and community services that meet their culture safety needs,
- Reconnect with culture and identity,
- Understand domestic and family violence and its impacts

Where: 284 Maitland Road, Cessnock

**When: Fridays 17th October - 28th
November**

Time: 10am - 2pm

Lunch and activities provided free of charge

To register



Please note: Pre-interview
required before commencement

