



# Wellbeing **Sistas RT**



Wellbeing Sistas is a 9 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,
- Participate in art and other creative outlets.

**Where: Raymond Terrace**

**When: Wednesdays 4/02/2026 - 1/04/2026**

**Time: 11am - 2pm**

**Lunch and activities provided free of charge**

Originally created by:



To register

