

# Wellbeing Sistas

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: Cessnock**

**When: Fridays 6th February - 3<sup>rd</sup> April**

**Time: 10am - 2pm**

**Lunch and activities provided free of charge**

To register

