

SPIRIT OF TRANSFORMATION *Program*



FREE
10 WEEK
PROGRAM

Women's Spirit Project

30 WOMEN | 10 MENTORS | 10 WEEKS

FRIDAYS, MAY - AUGUST 2026

CITY OF CASEY*

Be empowered for positive change

www.womensspiritproject.org

Inspiring Women, Empowering Women, Transforming Lives

* **Open to women in The City Of Casey** including: Beaconsfield, Berwick, Clyde, Cranbourne, Devon Meadows, Doveton, Endeavour Hills, Eumemmerring, Fountain Gate, Hallam, Hampton Park, Junction Village, Lynbrook, Lyndhurst, Lysterfield South, Narre Warren, Pearcedale, Tooradin & more.



SPIRIT OF TRANSFORMATION

May - August 2026

FREE
FRIDAY
PROGRAM

FREE - 10 Week Wellbeing Program

Are you recovering from isolation, mental health challenges, addiction, domestic/family violence, un(der)employment, poverty, or other barriers?
Are you ready to commit to a new chapter in your life?

The Spirit of Transformation is a trauma-informed journey of movement, wellbeing, connection and growth specifically designed for women who have experienced life's challenges — women who are ready to reclaim their strength, energy, and confidence — not just to get by, but to truly thrive.



Join our community of women
from 9.30am - 2.30pm each Friday
and transform your life

- ✓ Boost your wellbeing, self-esteem and resilience
- ✓ Learn new strategies to achieve your life goals
- ✓ Build a community of support & connection

* Open to women in City Of Casey visit or website or scan the QR code to see eligible suburbs

www.womensspiritproject.org

THE WOMEN'S SPIRIT
PROJECT IS PROUDLY
SUPPORTED BY

Proudly Supported By
THE CITY OF CASEY



PRESS ROOM
PHILANTHROPY

The Spirit of Transformation is the creation of the Women's Spirit Project volunteers, 'women with a vision on a mission', supporting women through accessible wellbeing activities that create connectedness and belonging.