



From Strength To Strength group

A free 6 week group for women who have experienced relationship trauma in the past and now want to:

- Increase their personal growth and build resilience
- Improve their conflict management and assertiveness skills
- Develop healthy coping skills and make positive choices
- Have healthier future relationships
- Make hopes and dreams become reality through goal planning
- Live a happier and more fulfilling life

The group will be held in Hackham
on Thursdays 12pm-2.30pm
starting 4th November 2021
(Limited free crèche spaces available)

To find out if this is the right program for you please contact Nicky at:

AnglicareSA on 0409 858 992 or
email: ntanner@anglicaresa.com.au