

# CREATING

a beautiful life



*"Life can be beautiful if you make it beautiful" - Eddie Jaku (2020)*

*A creative recovery group for women who want to increase their sense of wellbeing. In this 8-week program peer workers share creative activities that help to shift our perspective, so we can get out of old ruts and experience life in new ways.*

**STARTS FRIDAY APRIL 9TH 2021, 1:00 - 3:30PM  
AT RED POINT PSYCHOLOGY -  
68-70 WENTWORTH STREET PORT KEMBLA**

**GROUPS ARE LIMITED TO 8 PEOPLE COVID SAFE & TRAUMA INFORMED**

**FOR MORE INFORMATION AND TO SECURE A PLACE PLEASE,  
PHONE BRIDGET ON 0432 207 640**

*Women of all ages welcome! No cost when referred by a peer worker, mental health support worker, allied health professional or GP.*



This initiative is supported by funding from COORDINARE – South Eastern NSW PHN through the Australian Government's PHN Program.