

From Strength To Strength Group



A free 6 week group for women who want to:

- Increase their personal growth, build self compassion and resilience
- Improve their relationship 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 the Hackham area on Thursdays
between 12.30 - 2.30pm from 15th Feb to 21st March 24

(There will be limited creche spaces)

To find out if this is the right program for you please contact Nicky/Jaymi at AnglicareSA on 8186 8900 or email: ntanner@anglicaresa.com.au / jaymi.humphreys@anglicaresa.com.au