An invitation from Family Support Newcastle's Family Relationships Skills Project and NOVA for Women and Children

## **Coats of Many Colours**

## A practical, creative, up-cycling project for women



Make a patch or two using pre-loved fabrics

Design your own motifs and symbols of resilience

**Slowing down** 

Bringing beauty & self care into the everyday

Sewing experience not required ©

Image from the 2018 "Coat of Many Colours" group.

When: Wednesdays over 5 weeks 8<sup>th</sup> May – 5<sup>th</sup> June, 2019.

Time: 10am - 12pm

Where: Joy Cummings Centre, Corner of Pacific Street and Scott Street, Newcastle. At the last stop of the tram-line.



## Morning tea, children's activities, and all materials provided

To reserve your place in this free program, please talk to your case worker Or call **Belinda on 4023 5620** 



The Family Relationship Skills Project is funded by the Australian Government and auspiced by Family Support Newcastle.

