



Starts from  
**6<sup>th</sup> May**  
Fridays 9- 2pm

## About Us

Our commitment is to build and strengthen living with a mental health condition or disability's resilience, self-belief, and overall confidence by providing the best quality services tailored to support all aspects of someone's life.

## Our Vision

We empower women at all levels to develop their natural abilities to their fullest potential. Our Mission is to strengthen the relationships and lifestyle skills of the women who attend our group who are living with a mental health condition or disability. We create experiences that are good for the soul, take time to celebrate accomplishments, laugh a little and sprinkle some positivity.

## Activities

- Meditation and Yoga
- Learning Self-Defence
- Art Class
- Candle making
- Pottery class
- Pilates
- Adventure Art Photography
- Dance class
- Candle making
- Soapmaking

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