

# Joy and Empowerment Workshop

This workshop is for women to explore  
and celebrate joy and feel empowered to bring positive  
change into their lives

**Wednesday 11 May 2011**  
**10am to 1pm**

Come along to this workshop and discover the positive impact  
being joyful can have on your wellbeing. Learn personal skills and  
empower yourself with confidence, insight and understanding.

Cost:\$10

If you are in financial hardship please speak to a staff member when registering.

Morning tea is provided

Child minding available (bookings essential)

To register attendance and for further details please contact the Centre

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