

EMPOWERMENT CIRCLE

"Together is how we overcome. Together is how we heal. Never underestimate the value of community."

During our free weekly Empowerment Circle workshops we will be covering a different topic each week, including:

- Self compassion
- Kindness to self and others
- Forgiveness
- Self care
- Resilience skills
- Stress management
- The practice of deep breathing
- Goal setting & vision boarding
- Personal grooming
- Time management
- Organisational skills
- Meditation



Michelle Nolan holds a Bachelor of Counselling and has over 10 years case management experience working with individuals, families and youth in a variety of capacities including mentoring, coaching and counselling.

Join us each Wednesday at 9.30am

Each workshop runs for 90 minutes.

Located at Got Your Back Sista Village HQ - 15 Elizabeth Street, Tighes Hill

**To register please contact the Got Your Back Sista team
on 4989 2777 or info@gybs.com.au**

