

**FREE**

# Caring Conversations

A free program where women recovering from life's challenges can feel safe, connected and heard



6 sessions

Wende Jowsey, MA. Ed

Online: March 1st 6:30 - 8pm

In Person: March 1st 9:30 - 11am

Women's Resilience Centre Mona Vale

Are you feeling destabilised by recent events or recovering from trauma or loss?

This program offers women a way to:

- Re-centre, and discover your next steps
- Regain confidence transform stress in the midst of changes
- Develop trust with a non-judgemental supportive community

**Bookings Essential:**

**jaclyn@wresilience.com.au**

**Questions?**

Contact: Wende Jowsey  
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