



KNOTS GROUP PROGRAM

An eight week group program for women to work through the challenges of moving towards a life free from domestic violence

Where: The Women's Centre for Health and Wellbeing
645 Olive Street, Albury (Corner Olive & Guinea St's)

When: Group program run once a term

Phone: 02) 6041 1977 for information and dates



**Build Self
Esteem**

**Explore Loss,
Grief & Anger**

**Reduce
Stress**

**Understand
the effects of
domestic
violence on
you & your
children**