



KNOTS GROUP PROGRAM

**STARTING TUESDAY
3RD FEBRUARY 2015**

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

Where: Women's Centre for Health & Wellbeing
645 Olive Street, Albury

When: Tuesday 1 – 3pm
Starting February 3rd to March 24th 2015

Phone: 02) 6041 1977 to make a booking

**Build Self
Esteem**

**Explore Loss,
Grief & Anger**

Reduce Stress

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

