



Power of Possibilities

Power of Possibilities is a 4 week women's group which explores individuals emotions through expressive therapies. The group aims to help women look at underlying feelings from anger, anxiety and sadness and engage with a range of approaches to help process these feelings so there can be awareness for possibilities of change.

Wednesdays 10:00a.m. to 12:00p.m.

No cost involved

Week 1: 8th May The power of the self

Week 2: 15th May The power of anger

Week 3: 22nd May The power of anxiety

Week 4: 29th May The power of sadness

**VENUE: CATHOLICARE
201 YORK STREET, LAUNCESTON**

PLEASE CALL 6332 0600 TO REGISTER

FUNDED BY DSS