



HOPE SPRINGS

WOMEN'S GROUP PROGRAM



TERM 2 2024
EVERY WEDNESDAY
10.30 A.M TO 12 P.M



ADDRESS:

105 EDWIN ST,
HEIDELBERG HEIGHTS,
VIC 3081



PHONE:

94598859/0491064191

EMAIL:

WOMEN.HOPESPRINGS@BANYULEUC.ORG.AU

WEBSITE:

[HTTPS://BANYULEUC.ORG.
AU/CONNECTING-WITH-
COMMUNITY/HOPE-
SPRINGS/](https://banyuleuc.org.au/connecting-with-community/hope-springs/)

FACEBOOK:

[HTTPS://WWW.FACEBOOK.COM/PEOPLE/HO
PE-SPRINGS-WOMENS-
GROUP/100086537787966/](https://www.facebook.com/people/hope-springs-womens-group/100086537787966/)

INSTAGRAM: @HOPESPRINGSWOMEN

IF YOU WOULD LIKE A TEXT REMINDER EACH
WEEK, KINDLY LET US KNOW :)

ALL WOMEN ARE WELCOME.
NO COST, NO REFERRAL REQUIRED.
VOLUNTARY CONTRIBUTION WELCOME.

WE ACKNOWLEDGE THE TRADITIONAL CUSTODIANSHIP OF THE WURUNDJERI
AND THE LAW OF THE COUNTRY ON WHICH WE LIVE. WE PAY OUR
RESPECTS TO THOSE WHO HAVE CARED AND CONTINUE TO CARE FOR
COUNTRY.



Date	Activity
17th April	Trivia/Games Day
24th April	Nails and Henna
1st May	Chair Yoga
8th May	Mothering day- A day of self-care :)
15th May	Group Discussion- Environment
22nd May	Sycamore tree Cafe and Op-shopping
29th May	Karaoke
5th June	Making Mug Cakes
12th June	Art Therapy- Vision Board
19th June	Mystery Activity
26th June	Movie Day