



HOPE SPRINGS

WOMEN'S GROUP PROGRAM



TERM 1 2025
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.

Date	Activity
29th Jan	Cuppas and Conversations
5th Feb	Puzzle Day
12th Feb	Mystery Activity
19th Feb	Mindful Movement
26th Feb	Movie Day
5th March	Cuppas and Conversations
12th March	International Women's Day
19th March	Art Therapy
26th March	Sycamore Tree and Op-shopping
2nd April	Easter Celebration



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.