



# HOPE SPRINGS

## WOMEN'S GROUP PROGRAM



TERM 2 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
23rd April	Cuppas and Conversations
30th April	Mindful Movement
7th May	Mothering Day
14th May	Karaoke
21st May	Art Therapy
28th May	Mystery Activity
4th June	Discussion on Cyber-Safety
11th June	Japanese Braiding
18th June	Art Therapy
25th June	Carpet Bowls
2nd July	Movie Day



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.