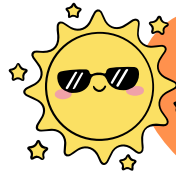




HOPE SPRINGS

WOMEN'S GROUP PROGRAM



TERM 1 2026
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 HAVE ANY QUESTIONS, FEEL FREE TO
TEXT OR EMAIL US :)

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

Date	Activity
28 th Jan	Cuppas and Conversations
4 th Feb	DIY Calendar and Colouring in
11 th Feb	Galentine's Day Karaoke
18 th Feb	Mystery Activity
25 th Feb	Board Games and Puzzles Day
4 th Mar	Movie- International Women's Day Special
11 th Mar	Discussion Group: Menopause and Mental Health
18 th Mar	Paint and Sip Session
25 th Mar	Bring your favourite thing Day
1 st Apr	Easter Celebration: Trip to the Cafe



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.