



HOPE SPRINGS

WOMEN'S GROUP PROGRAM



TERM 2 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
22 nd April	Cuppas and Conversations
29 th April	Trivia Day
6 th May	Mothering Day
13 th May	Sandwich making
20 th May	Op-shopping
27 th May	Art Therapy
3 rd June	Chair Yoga
10 th June	Art Therapy
17 th June	Bring Your Own Craft Day
24 th June	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.