HOPE SPRINGS

WOMEN'S GROUP PROGRAM

TERM 4 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/

FACEBOOK:
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.

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
7th Oct	Cuppas & Convos: Mental Health Week Edition
14th Oct	Chair Dance
21st Oct	Art Therapy
28th Oct	A Spooky Discussion Group
4th Nov	Hats and High Tea
11th Nov	Nails and Henna
18th Nov	Stretch and Relax Session
25th Nov	Art Therapy
2nd Dec	Mystery Activity
9th Dec	Christmas Cards and Crafts
16th Dec	Christmas Celebration