



Vision Board Workshop

Where: Women's Health

When: Friday 29 Jan 2021

Time: 9:30-2:30pm

Vision boards allows a unique way of working on your self-esteem and confidence in a safe, confidential environment. This is a therapeutic group workshop. Places are limited and bookings are essential.

Why create a vision board?

- Assists you to think about what you really want
- Help you get unstuck
- A way of externalising your dreams and goals
- Provides a daily visual reminder of them
- Assists to get you fired up emotionally
- A fun group activity

How they can benefit you?

- Refocus Your Life
- Stay Motivated
- Share what you love with others
- See how you're doing
- Feel Good About Yourself

Please bring a gold coin donation to participate; resources and lunch are included—please let us know if you have any dietary requirements when booking.

Location: 225 Bolsover Street, Rockhampton

Web: www.womenshealthrockhampton.com

Phone: 4922 6585 or 1800 017 382

Email: reception@whccq.org.au

*National Women's Health Program, Sexual Assault Support Service,
Emerald Sexual Violence Support Service, Youth Sexual Violence Service*

