

Confidence Through Self-Awareness



A workshop for women who would like to improve their self-esteem. The workshop aims to help develop and maintain a balanced and healthy view of “self” and take on new opportunities with an open mind in a friendly, caring and supportive environment.

Friday

September 6th, 2024

9.30 am - 2.30 pm

225 Bolsover Street

Rockhampton

Registration required. Please bring a gold coin donation to attend; resources and lunch are provided.

**Women's Health Information &
Referral Service CQ Inc.**

225 Bolsover Street
(07) 4922 6585

reception@whccq.org.au

