

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.

**Wednesday
21st October, 2026
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 and
Referral Service CQ Inc.**

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