

FLOURISHING: **Building Yourself after DV**

What is the road map to a happy life? How do I live well? How do I build my strength after the experience of Domestic Violence? Whilst we need to talk about what went wrong, it is important to work on what we do well, what creates resilience. Positive Psychology holds some of the answers and in this group we will practice methods that will help you improve, thrive and flourish in yourself.

Dates: Wednesday 27/10/21- 1/12/21(6 weeks)

Time: 12.15pm (12.30pm-2.00pm)

Where: The Deli Women and Children's Centre
72 Maloney Street, Eastlakes 2018

Cost: FREE Group and childminding

RSVP: To book, please contact us on 9667 4664
or admin@thedeli.org.au

