

## Workshops for Women

### BEACH

**KEY FOCUS:** Weathering storms, Moving forward



When the stormy waves of life have swamped us, how can we find the treasures left in their wake?

**In this workshop:**

- Find the gifts in hardship
- Rest, regroup and find ways to move forward
- Explore the themes of loss and grief

Come with us as we take a walk on the beach (metaphorically speaking) and discover treasures washed up by the tide. Sometimes we feel battered by the waves of life – when the tide ebbs away, it's good to see what gifts are left us. How can we use these bits of shell, driftwood, and flotsam and jetsam to enrich and add meaning to our lives?

In this workshop, we take a gentle approach. We use shells, sand, music and movement to help us heal, reflect, find meaning and gather resources to support us as we continue on our journey.

**Tell me more!** We come to you, and using art, music, and movement, we lead you in a creative workshop that is enjoyable and enlightening. Workshops can be from 2 hours, to all day, and tailored to suit your needs. The cost of a 2 hour workshop is just \$15 per person.

**So gather your women's group or friends** and book a session.

We have a background in counselling, social work, and the arts. More importantly, we are women like you, who want to live, love, learn, laugh, and thrive – together.

**Pricing** - For a 2 hour workshop, pricing starts from just \$15 per person.

For further enquiries or a custom quote, contact us:

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