

Workshops for Women

BELIEVE

KEY FOCUS: Faith, Hope



How do we grow our faith and find hope for ourselves and our communities?

In this workshop:

- Reflect on your values and beliefs
- Grow faith that sees you through
- Find hope that sustains and inspires.

Hope and faith are important. No matter what our belief system, we all need a way of understanding the world and our place in it - a way that makes sense to us, and gives us meaning, purpose, courage and hope for the future.

We approach this topic in a spirit of expectant enquiry. Using art, music, movement, poetry and personal and shared reflections, we look at what has sustained us in the past, and how we can grow and build on that for the future. In what can we put our hope? What beliefs will provide us with a firm foundation? What do we do when we can no longer see the way forward?

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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