

**We have Outreach Workers  
based in partnership  
organisations at:**

Gympie & District Women's  
Health

Salvation Army Emergency  
Family Accommodation Service,  
Tewantin

Cooroy Family Support Centre

Nambour Community Centre

Caloundra Community Centre

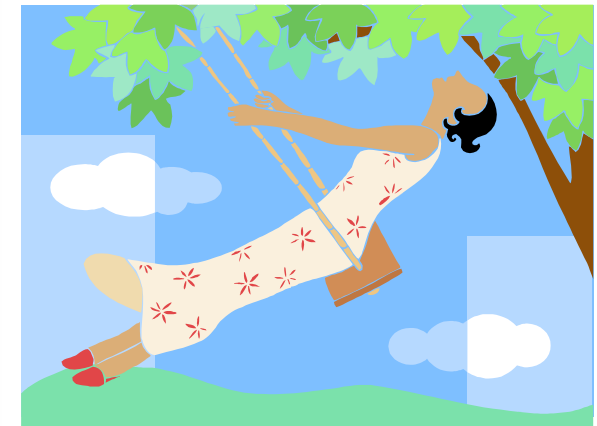
Maleny Neighbourhood Centre

**Vision Statement**

leading social change  
strengthening families  
supporting people and communities



**WOMEN ON THE MOVE**



**SCOPE**  
"Bernard House"  
21 Cornmeal Parade,  
Maroochydore QLD 4558  
Ph: 07 5430 9300  
Fax: 07 5430 9399

Email: [scoperegdv@centacarebrisbane.net.au](mailto:scoperegdv@centacarebrisbane.net.au)  
Web: [www.scopedv.org](http://www.scopedv.org)

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**Department of Communities**

Managed by:  
**Centacare CFCS, Maroochydore**

**June 2010**



**Personal Development  
Workshops For Women Affected  
By Unhealthy Relationships**

**Sunshine Coast  
Phone: (07) 5430 9300  
Fax: (07) 5430 9399**

## **Women On The Move (WOTM)**

WOTM offers women:

- An opportunity to discuss your experiences with others who have shared similar experiences and to learn from each other.
- To gain a better understanding of yourself and your relationships.
- To gain an increased sense of control over your own life situation.
- Explore possibilities in the process of change and empowerment.
- Identify your own strengths and resources.
- Increase self-esteem and self-respect.
- Gain strength and understanding through shared experiences.
- Breakdown isolation.
- Work toward change in a supportive safe environment.
- Provide opportunities to have fun and reconnect with self and each other.

## **TOPICS COVERED**

1. What Kind Of Woman Do I Want To Be?
2. Relationships...How Healthy Are They?
3. Understanding My Feelings
4. Transforming My Feelings
5. Stress Management
6. What Is Important To Me?
7. Is This My Business? – Healthy Boundaries
8. Learning the tools of good communication
9. Self-Care, Nurture And Support

## **The 'Women on the Move' Group consists of:**

- A telephone intake process
- Attending 9 x 3 hour group sessions (these sessions will be open and ongoing)

Groups may be available in different locations.

Please contact Centacare to find out where the next group is commencing at a location near you.

Dates and times will be provided during your intake call.

Please contact Centacare for more information on:

**Phone: 07 5430 9300**

***Counselling is also available  
at no cost.***