

# WHAT'S ON? AUGUST

The Haven is a free and confidential service providing information and referrals to South Australian women. Get in touch with us in person, on the phone or via email. Women can pop into The Haven Mon - Fri between 10-2pm for a confidential chat. phone 0439 169 925 or email [mountgambierhaven@centacare.org.au](mailto:mountgambierhaven@centacare.org.au)

**EVERY MON  
10-12PM**

**Game Day** - Cards/Boardgames/Bingo/Trivia  
(excluding Public Holidays/no bookings required)

**FRI 29TH  
1.30-  
2.30PM**

**Flourish & Nourish** - Women's wellbeing group  
monthly topics include; creating healthy habits / self-care rituals, nourishing food choices / Sleep health, increasing energy / mindful movement.  
bookings essential, phone 8721 2540

**FRI 1ST  
10-12PM**

**Resilient Women** - 6-week program @ Centacare  
Includes Art Journaling, Self Care strategies, connection, employment and education information financial empowerment & much more.  
bookings essential, Susie Kranz by 25<sup>th</sup> July  
phone 0472 759 829 or email [skranz@centacare.org.au](mailto:skranz@centacare.org.au)

**WED 27TH  
10-12PM**

**Coffee & a Chat** - Vision Board Workshop  
Create your personalised vision board that will help you feel empowered, inspired and energised.  
bookings essential 8721 2540

*\*All Haven sessions are free and located at The Mount Gambier Library, unless stated otherwise.*



**The  
Haven**  
MOUNT GAMBIER

Women's Information Service



**Government of South Australia**  
Office for Women

**centacare**  
Catholic Community Services