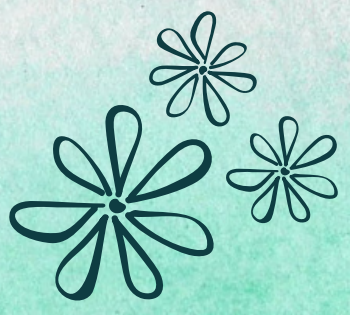




BAMS

Women's Group



Are held monthly and designed to bring women together to socialise, be creative, exercise, cook healthy meals and work on their health and well-being.

Strategies include:

- Help women get motivated and socialise in outdoor settings.
- Help one another with any issues women face on a daily basis.
- Empower each other with mental health and well-being issues.
- Advancing future outcomes based on needs and wants.
- Learn new things.





Women's Group meeting dates:

31.5.2022 - This session the ladies continued painting their canvas. They discussed future activities they would like including focus days on self care, face masks, feet masks, pedicures and haircuts. The last 10 mins of the session was used to debrief.

14.6.2022 - The women painted cutouts. Discussed different foods they like for preparation of their lunches. Made suggestions for monthly cooking classes. Debrief at the end of the session.

19.7.2022 - Arts and crafts and beading then a 10 minute debrief to close the session.

26.7.2022 - Arts and craft, beading and 10 minute debrief.

