

Graduation Party – Thursday 25 November

**Theme 7**  
28 October

Evaluation and goals,  
separation and closure,  
my wish for you, card making

**Theme 6**  
23 September

dream

Dreams and ideas for future,  
setting practical goals,  
self defense session

**Theme 5**  
26 August

work

Education and employment,  
resumes and interviews,  
personal style and colour

**Theme 4**  
29 July

friend

Healthy relationships,  
friendships, women's health,  
art work painting on canvas

**Theme 3**  
24 June

value

Values and beliefs, family  
ideals, finances and budgeting,  
yoga for mums

**Theme 2**  
27 May

fit

Healthy eating and sleeping,  
body image and media,  
cooking and masterchef session

**Theme 1**  
22 April

Information Session - Thursday 22 April

Welcome and introductions,  
getting to know each other,  
wish list for program, massage