

Graduation Celebration Party - 22 November

Theme 7
25 October

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

Theme 6
20 September

dream

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

Theme 5
23 August

work

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

Theme 4
26 July

friend

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

Theme 3
21 June

value

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

Theme 2
24 May

fit

Healthy eating and sleeping,
body image and media,
cooking and meal planning

Theme 1
19 April

Information Session and Yoga - Monday 29 March

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