

# VAHS WOMEN'S GROUP

Wednesdays at 11:00-2.00pm  
The Hub, 137 High Street Preston  
(Join Anytime)

VAHS is running a Women's yarnning group in Preston,  
for Aboriginal and Torres Strait Islander Women,  
to connect with other women and culture.

The group is a supportive space. To relax, talk,  
improve wellbeing and enjoy yourself.

Art and Cultural Activities

Lunch Provided

Supportive Staff

Relaxed and Informal.

Come and have lunch with the other women,  
have a yarn and find support, Create arts and crafts,  
enjoy a safe space and feel strong.

All Welcome.

Interested in coming Please contact Kahli 0431 021 460