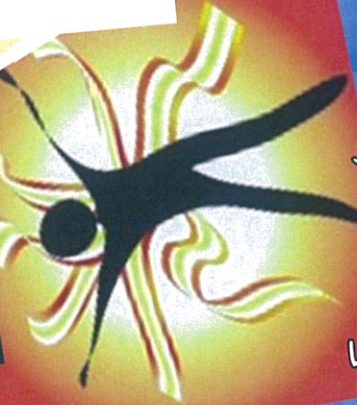


about.me

empower
yourself



**BELIEVE IN
YOURSELF.**

**GARLS
TIME OUT**

Young Womens Support Service

'Me Myself & I' Workshops

Empowered young women to reach their full potential contributes to the health and productivity of their families and communities, creating a ripple effect that benefits everyone.

These self funded workshops are designed for young women to develop an awareness of her own identity with the aim of building up and maintaining her effectiveness and well-being.

Workshops delivered focus on:

- building life-long learning skills
- self-reflection
- sharing insights
- problem solving and
- further enhancing your skills

**Come and join great peer support group
in an encouraging environment.**

If you are interested in participating in the MMI workshops Please call the GTO office on 07 4922 7236. Workshops are generally held every Tuesday from 9.00am... 11.30am

Heaps of Fun activities like tie-dyeing, beading, art & Craft, painting, jewellery making etc etc etc ...