

July 2018

Welcome!

Open: Monday to
Friday 9am-4pm

ALL ACTIVITIES
FREE

Women's Space at Labrador (WS@L)
57 Billington Street Ph: 5656 6300

benevolent SOCIETY

MONDAY 9-4pm	TUESDAY 9-4pm	WEDNESDAY 9-4pm	THURSDAY 9-4pm	FRIDAY 9-4pm
2 Sewing Class 9 – 10am Boomerang Bags 10am – 12.30pm Harmony & Healing Play 1pm -2.30pm	3 Advanced French 9:15-10:30am Learn French 10:45-12:00pm Personal Power in Soul Alignment 10.30am -12.30pm Spanish Focus Group 12:00 -2:00pm	4 3Es To Freedom 10.00-12.00pm Boomerang Bags 10am – 12.30pm	5 Yoga 9:00am-10:00am Meditation 10:30am-11.30am Learn Spanish 12:30 -2:00pm	6 JPs in the Community 9am -12pm Talking Circle English Conversation 10am -11:30am Community Craft Group (CCLC) 9am -12pm
9 Boomerang Bags 10am–12.30pm Harmony & Healing Play 1pm -2.30pm	10 Advanced French 9:15-10:30am Learn French 10:45-12:00pm Personal Power in Soul Alignment 10.30am -12.30pm Spanish Focus Group 12:00 -2:00pm	11 3Es To Freedom 10.00-12.00pm Handmade Cards 10am – 12pm Boomerang Bags 10am – 12.30pm	12 Yoga 9:00am-10:00am Meditation 10:30am-11.30am Learn Spanish 12:30 -2:00pm	13th TALKING CIRCLE CELEBRATE NAIDOC 9am -1pm All women welcome – join us!! BECAUSE OF HER, WE CAN!
16 Sewing Class 9 – 10am Boomerang Bags 10am – 12.30pm Harmony & Healing Play 1pm -2.30pm	17 Advanced French 9:15-10:30am Learn French 10:45-12:00pm Personal Power in Soul Alignment 10.30am -12.30pm Spanish Focus Group 12:00 -2:00pm	18 3Es To Freedom 10.00-12.00pm Boomerang Bags 10am – 12.30pm	19 Yoga 9:00am-10:00am Meditation 10:30am-11.30am Learn Spanish 12:30 -2:00pm	20 Australian #1 Migration Services 9am -12pm Talking Circle English Conversation 10am -11:30am Community Craft Group (CCLC) 9am -12pm
23 Boomerang Bags 10–12.30pm Women's Space Community CHAT Join Us and share your Ideas..... 1 – 2.30pm Harmony & Healing Play 1pm -2.30pm	24 Advanced French 9:15-10:30am Learn French 10:45-12:00pm Personal Power in Soul Alignment 10.30am -12.30pm Spanish Focus Group 12:00 -2:00pm	25 3Es to Freedom 10.00-12.00pm Laughing Yoga Handmade Cards 10am – 12pm Boomerang Bags 10am – 12.30pm  Find us on Facebook womensspacelabrador	26 Yoga 9:00am-10:00am Meditation 10:30am-11.30am Learn Spanish 12:30 -2:00pm	27 Saver Plus Program 9am -12pm Talking Circle English Conversation 10am -11:30am Community Craft Group (CCLC) 9am -12pm
30 Sewing Class 9 – 10am Boomerang Bags 10am – 12.30pm Harmony & Healing Play 1pm -2.30pm	31 Advanced French 9:15-10:30am Learn French 10:45-12:00pm Personal Power in Soul Alignment 10.30am -12.30pm Spanish Focus Group 12:00 -2:00pm			13th TALKING CIRCLE CELEBRATE NAIDOC 9am -1pm BECAUSE OF HER, We Can! 8-15 JULY 2018

3Es to Freedom	Supporting multicultural women on a path to education, employment and empowerment as a preventative strategy to family and domestic violence. Flexible to include any other topics women identify that they wish to address and discuss.	Jill Donoghoe – P: 0435 968 927 E: jilld@anglicarenc.org.au
'Talking Circle' English Conversation	Multicultural Communities Council Gold Coast (MCCGC) is well known for its role in helping people from culturally & linguistically diverse (CALD) backgrounds connect with the local community and have equal access to appropriate health & well-being services	Marie Daix - P: 5527 8011 E: Maried@mccgc.com.au
Hand Crafted Cards	Come & join in making handcrafted cards to support local hospitals and nursing homes. share your ideas and skills or just come & learn...	Robyn Everson - P: 0414 297 914
Yoga	Learn basic yoga postures, healthy alignment of the spine, as well as strengthening the musculature supporting the body. All women welcome, regardless of fitness levels or yoga experience.. Active & Healthy program – City of Gold Coast	Madonna – P: 0403 643 601 Zen Soul Life
Conversational French	Opportunity to learn everyday conversational French in a relaxing and fun environment (beginners & advanced)	Carole (Vol) P: 5656 6300
Meditation	Meditation of the Body & Soul	Carole (Vol) P: 5656 6300
JPs in the Community Metanoo Saver Plus Program	⇒ JPs volunteer to help the community by witnessing documents at a community signing site ⇒ Counselling focuses on self-development & relationships. Share principles & ideas for being happier & more fulfilled. ⇒ Matched savings & financial education. It aims to provide low income families with the tools to build savings & money management skills.	Lyn Brown JP (Qual) P: 1300 301 147 Sue Geelan - P: 0439 294 532 Sylvia Constantin- P: 0431 076 011
Personal Power in Soul Alignment	Learn how to use and understand Numerology, Love Languages, differing Personalities, Communication, Energy Healing, Personal Energy Mastery and many more empowering tools you were not taught at school	Shivaya Reo - P: 5656 6300 E: shivaya@shivayareo.com
Australian #1 Migration Services	Are you overwhelmed with VISA options? We know what it is like to leave your homeland and build a new life in Australia. We are able to break through cultural barriers and to cut through the visa and citizenship legislation to provide the best outcome.	Sarah Lolesio - P: 0435 764 302 E: sarah@migrationservice.net
Conversational Spanish Spanish Focus Group	⇒ Opportunity to learn everyday conversational Spanish in a relaxing and fun environment ⇒ For Spanish speaking women, come and enjoy this food, language & cultural space	Gabby (Vol) P: 5656 6300 Gabby (Vol) P: 5656 6300
BECAUSE OF HER, WE CAN!	NAIDOC EVENT 13th July As pillars of our society, Aboriginal and Torres Strait Islander women have played – and continue to play active and significant roles at the community, local, state and national levels. Their achievements, their voice, their unwavering passion give us strength and have empowered past generations and paved the way for generations to come. They are our mothers, our elders, our grandmothers, our aunts, our sisters and our daughters	Under the theme - Because of Her, We Can! - NAIDOC Week 2018 
CCLC	Chat, Craft & Laughter Circle craft group connecting intergenerational and multicultural women in the community	Susan (Vol) P: 0476 284 301
Harmony & Healing	Celebrates the inspirations of mindful movement. Exploring breath, dance, sound, song, rhythm & movement	Mary (Vol) P: 5656 6300
Pop Up Library Gold Coast City Council	Community engagement – bringing the library to you. Our Gold Coast libraries have so many new and interesting services. Come along and ask questions, loan a book out and	
Cultural Conversations	Share your culture through stories, language, art, music and food - bringing women together through their culture to encourage social inclusiveness and enhance community connections	Ree Ali (FSG) and Kate Tuivasa (TBS) Ree: p5509 1632 Kate: p5656 6300
Boomerang Bags	Works to reduce the use of plastic bags by engaging local communities in the making of Bags – community made, using recycled materials. Boomerang Bags provide a free, fun, sustainable alternative to plastic bags.	Patricia & Daniele (Vol) P: 5656 6300

