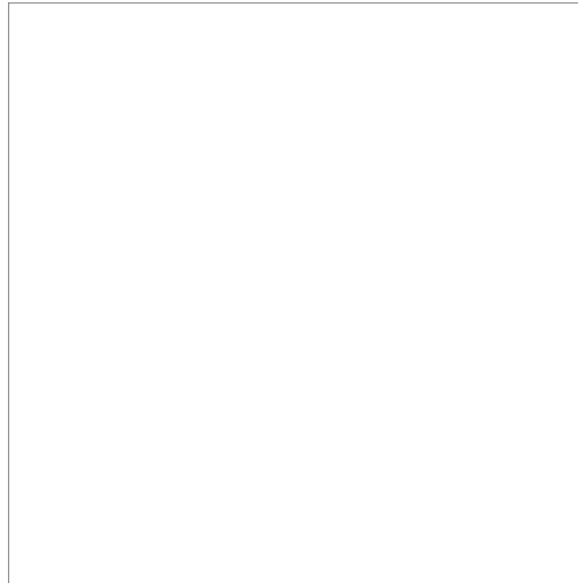


- Are you at home with your children?
- Looking for something for yourself?
- Need some stimulating adult discussion?
- Want an opportunity to tap into your creative potential?
- Or just a hot cuppa and time out?

The Brindabella Women's Group provides social, learning and creative opportunities for women with young children.

Every Tuesday during school terms 10am – 12pm

Quality childcare available 9.30am – 12.30pm



Brindabella Women's Community Group Inc.
Chisholm Community Centre
Halley Street, Chisholm
PO Box 2648
TUGGERANONG ACT 2901
www.brindabellawomensgroup.org

With assistance from the ACT Government.



*Support for women
with young families*

*Celebrating
women*

What do we offer you?

The Brindabella Women's Group offers:

- a supportive, informal environment where you can meet new people, make friends and build networks
- an opportunity to attend informative sessions on a range of topics including, parenting and relationships, women's health, and other issues, and
- a stimulating, creative atmosphere where you can develop new skills.

How does the group work?

The Brindabella Women's Group is run by mothers for mothers. We all understand the need for flexibility – there's no need to worry if you can't make it to every session.

The self run nature also allows members to decide on a program that suits them and their interests. On-site childcare provides members with a chance to take some time out for themselves, and enjoy a wide range of different sessions that can otherwise be unavailable to mothers.

“The Brindabella Women's Group has opened up another world to me, a world full of art, friends and laughter.”

Community Arts Projects

The group also creates community arts projects, which are funded through government grants.

The first community art work was completed in 2006. It was a series of lino prints entitled “Windows on Mothering”, which were displayed at TCH birthing

Creative sessions

The supportive, non-competitive atmosphere gives you the opportunity to try your hand at something new. Although the results are not as important as the process of experimenting with new skills, many women are surprised by their own ability, and how therapeutic the process can be!

Creative activities have included:

- Paper maché and knitting
- Silk painting, ink drawing and lino cutting
- Mosaics and ceramic painting
- Felting
- Dancing, various styles including Egyptian (bellydancing)
- Making beaded jewellery
- Flower arranging and millinery
- Refashioning clothes and making tote bags
- Garden sculptures
- Healthy cooking
- Tai chi and yoga

centre, QEII, the Family Relationships Centre and Richardson Family Links.

The 2007 Project “Blue Hat Day” produced hats raising awareness of depression.

Our 2008 project, “In Our Footprints”, created a recycled sculpture garden for the Mugga Way landfill site.

“The Brindabella Women's Group has given me hope – I can see other possibilities in my community and my life.”

Discussions

Some of our sessions are stimulating discussions led by invited speakers or members.

Discussion topics are as wide ranging as the interests of our members. The program often includes subjects relating to women and children's health and wellbeing, parenting, relationships, legal matters, the environment and computing, to name a few.

Regular sessions

The Brindabella Women's Group meets between 10am and 12pm on Tuesday mornings during school terms. The venue is the Chisholm Community Centre, 15-19 Halley Street Chisholm.

A programme is drawn up for each term and is available on the website or by emailing brindabellawg@yahoo.com.au

Sessions start at 10am. Arrival at 9.30am allows time for settling your child(ren) into childcare and to assist with setting up. Packing and cleaning up at the end of the session is also a shared responsibility.

Quality childcare

Childcare is provided on-site by accredited childcare professionals, from 9.30am until 12.30pm. Children are always welcome to stay with their mothers.

Cost

A \$5 contribution towards the cost of materials and childcare is requested for each session. Annual membership costs \$1.