



GIRL POWER



18+ years

Registered
NDIS
provider



Sunnyfield
disAbility Services

GIRL POWER

The Girl Power group aims to foster a positive mindset and inner confidence, empowering women with disability to embrace her personal value, self-worth and importance. Taking a holistic approach to women's needs, Girl Power builds skills and develops knowledge in important topics such as healthy relationships, learning self-protection techniques and women's health in a fun and inspiring environment.

Covering a new topic each session, this group aims to support women with disability to form meaningful friendships, build inner and outer strength and setting her up for success in the journey of life.

- Starting mid-2022
- Group-based activities
- Open to women with disability 18+ years

Start the conversation today and contact Shelley-Ann Welbourn, Service Manager
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