



WOW
Women of Worth
Armidale

Registered
NDIS
provider



Sunnyfield
disAbility Services

The Women of worth group aims to foster a positive mindset and inner confidence, empowering women with disability to embrace her personal value, selfworth and importance. Taking a holistic approach to women's needs, WOW 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.

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

Start the conversation today

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