



Who Can Attend?

The group is open to Aboriginal women aged 18 years and over who would like to connect with other women in a safe, friendly and supportive environment.

- No art or craft experience is needed.
- Just come along as you are.
- A free healthy lunch is provided
- Come for the creativity, stay for the warm-hearted chats.



Interested in coming along?

For more information, please contact the Social & Emotional Wellbeing Team at Port Lincoln Aboriginal Health Service



Transport may be available



8683 0162



Every Wednesday



11am to 2pm



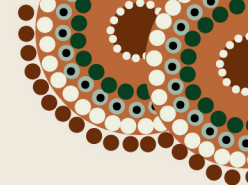
Gidja Club Building
Mallee Park



PLAHS

Social & Emotional Wellbeing

A safe and welcoming space for women to connect, create, yarn, heal, and grow together.



Connect. Create. Yarn. Heal.



About the Women's Group

The PLAHS Women's Group is run by the Social & Emotional Wellbeing Female Team and provides a culturally safe, supportive and creative space for women to come together.

The group supports women's social & emotional wellbeing through connection, creativity, cultural identity, health education, yarnning, self-care and shared learning.

women are invited to join in a relaxed and friendly environment where they can build confidence, learn new skills, strengthen community connections and take time for themselves.

What We Offer



Arts & crafts workshops



yarnning circles



Cultural activities



Health & Wellbeing
Information sessions



Guest speakers



Relaxation, breathwork
& mindfulness



Skill-building workshops



Creative projects &
community displays



Morning tea & lunch



Opportunity to learn,
Share & connect

Why Come Along?

- Feel supported & welcomed
- Connect with other women
- Build confidence & self-esteem
- Learn new creative & practical skills
- Take time out for self-care
- Strengthen cultural & community connection
- Share stories in a safe space
- Improve social & emotional wellbeing
- Have fun, laugh and enjoy meaningful activities



Come and join our
Women's Group.

A safe, welcoming and culturally
supportive space
for Aboriginal & Torres Strait Islander
women to come together, connect,
yarn, create and support
one another.