



ANXIETY & ACTIVITY PLANNING IN ISOLATION

**6 WEEK ONLINE ZOOM COURSE
MONDAYS 10AM - 11.30AM
STARTING MAY 18TH**



WILMA
Women's Health Centre

*A support group for women who are
experiencing anxiety when in
isolation - providing self-care and
connecting women with one another*

BOOKINGS ESSENTIAL
please email wilma@wilma.org.au

For any enquiries or if you need help using ZOOM
please call (02) **4627 2955**