



# Talking Emotions, Coping and Communication

A group for women (18 and above) that aims to help you enhance your everyday life skills.

**When:** Mondays, 12 & 26 February and 5 & 19 March 2018  
1.00pm – 2.30pm  
Afternoon tea will be provided

**Where:** Office Suite 500a, Westfield Shopping Centre,  
297 Diagonal Road, Oaklands Park SA 5046

**Contact:** To register, please call Brenda or Biji at our Marion office  
on 8377 5400.