

# Strengthening The Inner Woman



**A FREE 6 week program for women affected by domestic violence**

**Run by the Adelaide Southern Regions Transcendental Meditation Center for Women**

SUPPORTED BY CITY OF



- This program aims to teach women the skill of Transcendental Meditation (TM). This is a simple, effortless mental technique which creates greater wellbeing and relaxation in the central nervous system
- TM is a well researched technique often recommended by doctors for reducing stress and improving mental and physical health.
- Participants will learn how to incorporate this meditation practice into their lives with group and individual sessions provided throughout the course
- A FREE crèche will be provided during the course - Places are limited
- Starts Monday 16th October

**Come to our information session on Wednesday 6th September 1-3pm at:**

**Hackham West Children's Centre Unit, Hackham West R-7 School**

**50 Glynville Drive, Hackham West**

**For TM enquires, contact Heather on 0416 108 476**

**For bookings, contact Bronwen, Family Services Coordinator on**

**0437 460 027 or [bronwen.drinkell2@sa.gov.au](mailto:bronwen.drinkell2@sa.gov.au)**



**Government  
of South Australia**