

Heartspace Women's Cancer Support Program

Friday
9.30am to 12.30pm

Caboolture Neighbourhood Centre
9 George Street
Caboolture Q 4510

Community Support Program (CSP)
Ph: 5495 3818
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Email: reception@caboolturenhc.com.au

Community Support Program

Heartspace

2021



Funded by



Queensland
Government

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Neighbourhood Centre Caboolture Inc.

PO Box 1667, Caboolture Qld 4510



Heartspace Women's Cancer Support Program



Heartspace

Heartspace offers:

- Confidential group work
- Professional female counsellor with a lived experience of breast cancer
- Supportive environment for women to explore feelings through art and expression
- An empowering and supportive space to be heard and validated on the path towards healing and wellbeing
- An experiential group for approx. 6-8 women over 6 weeks
- Each session will be from 1-3 hours approx.

CSP Community Support Program

CSP services are **FREE** of charge and provide a holistic approach to healing

CSP has been developed to meet the needs of the community

The aim is to build strengths and resilience in individuals and provide opportunities and support to:

- Increase self awareness and empowerment
- Facilitate healing through sharing personal stories
- Explore feelings through the medium of art (No experience necessary)
- Socialisation and networking
- Participate in group activities

2021 Times & Dates:

Friday

9.30am to 12.30pm

Group 1: 29th January—5th March

Group 2: 23rd April— 28th May

Group 3: 16th July—20th August

Group 4: 8th October—12th November

Bookings essential

Ph: 5495 3818

Heartspace is for women who are interested in:

- **Dealing with grief and loss from cancer**
- **Obtaining personal growth and self awareness**
- **Holistic & creative group processes**
- **Dealing with personal and family issues**
- **Personal empowerment and socialisation**