

**To feel good  
about  
ourselves,  
women need  
information,  
friendship  
and fun!**

**Find all this and more.  
Join other women  
with a disability  
from around the  
West in the  
Sunrise  
Women's Groups!**

## **How to get involved**

The Laverton group meets on the first Friday of the month at **Laverton Community Centre, 3 Crown Street, Laverton**

The Werribee group meets on the last Friday of the month at **Iramoo Community Centre, 84 Honour Avenue, Wyndham Vale**

Lindy Corbett runs the groups. She works at Women's Health West. To find out more about the groups, contact her any Friday or Wednesday morning:

**PHONE** 9689 9588

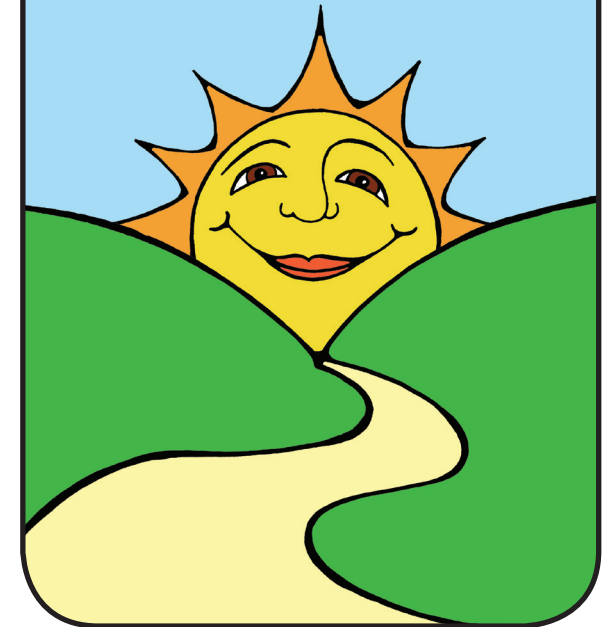
**EMAIL** [lindy@whwest.org.au](mailto:lindy@whwest.org.au)

June 2008



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## **Sunrise Women's Groups**



**make your life what  
you want it to be**



The Sunrise Women's Groups are for women with a disability.

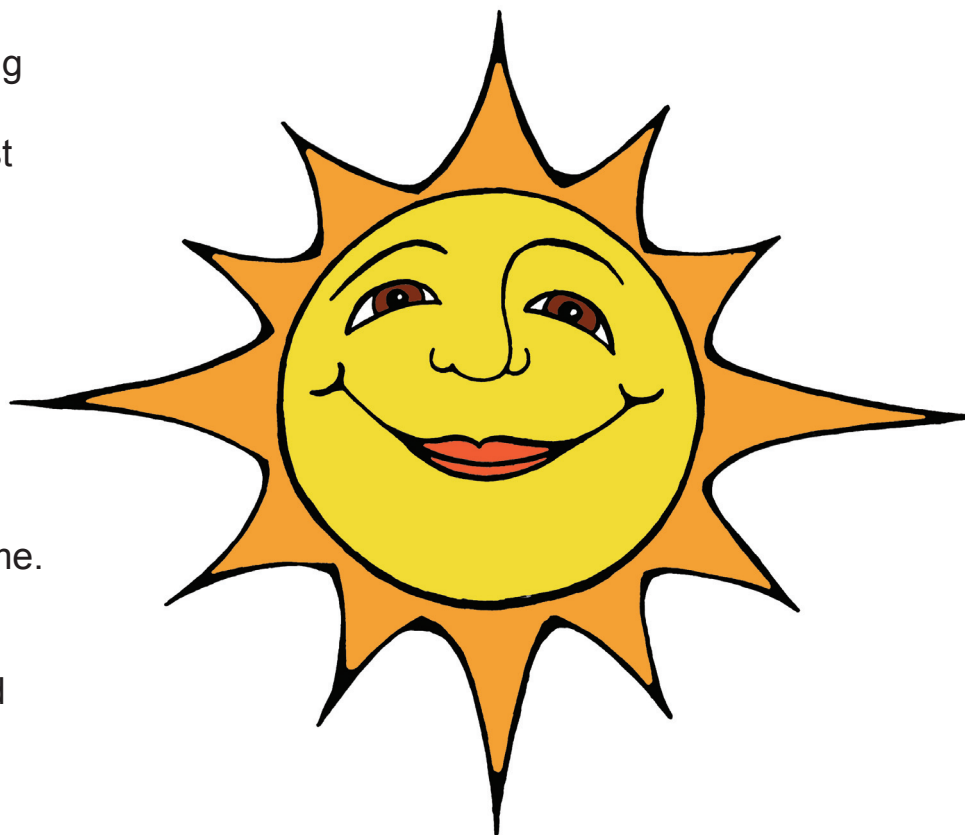
The Laverton Sunrise Group meets on the first Friday morning of every month. The Werribee Sunrise Group meets on the last Friday morning of every month.

We are both very friendly and welcoming groups. We suggest you come to the group that is closer to where you live.

Women of all ages, and with any kind of disability are welcome. This includes women with physical and/or intellectual disabilities, and women affected by mental health issues.

You can come on your own, or bring a friend. We provide attendant care while you are there.

The venue is nice and roomy, and yummy morning tea is always provided.



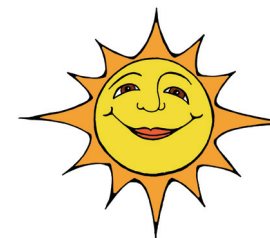
Women in the groups make all the decisions about what activities their group will do.

We don't tell you what you want. It's your group, so it's up to you.

All activities are free.

These are some activities we have done before:

- **jewellery-making**
- **lunch out on the town**
- **talking about sexuality**
- **learning about health issues**
- **beauty therapy**
- **visit to the zoo**
- **learning self-defence**



**We are all women with a disability, including Lindy, who runs the groups.**