

point of view.
confidence
trusting relationships
stability, or veracity
or certainty of a



EmpowerHER

Empowering Women For Success

Applied Abilities and Me Plus More are proud to bring you a female (and / or those who identify as female) group based activity. This group is aimed to increase confidence within yourself, the workplace and within the community.

Key Details:

- 5 Week group based program
- 16th of August to the 13th of September
- Wednesday's 3.30pm to 7.30pm
- Underhill Community Centre, Degen Road, Capalaba, QLD
- Age: 15 +
- Content provided by Me Plus More
- Learn practical skills, such as how to make a healthy nutritious meal, apply make up, how to care for your hair and body
- 5 x weekly payments of \$300.00 from either core or capacity building component of the NDIS plan. This covers the cost of facilitators, 1:3 ratio of support, content and equipment.



Contact Applied Abilities: 07 3073 1412 or hello@appliedabilities.com.au.