

Pathways to Empowerment

South Australia

"The Pathways program helped me wake up from the fog and confusion I was living in. It gave me the strength to move forward, to look after myself and my children and to build the life I wanted."

— Pathways to Empowerment Participant

Pathways to Empowerment is a free, 4 part program for women impacted by domestic abuse that allows you to connect with yourself and identify your goals within a safe and supportive space, surrounded by a non-judgemental community.

You will have the opportunity to build skills and confidence, learn about healthy relationships, communication, decision making for your future and discover pathways to education, training and employment, empowering you to build the life you want.

If you would like to enrol in a Pathways to Empowerment program or have any questions, please contact us:

Phone: (08) 8352 1889

Email: program@zahrafoundation.org.au

SA Programs 2024

The group sessions are held 1 day per week during school hours and are delivered across 4 locations in South Australia. Each 9 week term covers one of the following topics:

- Healthy Relationships
- Healthy Communications
- Healthy Decisions
- Healthy Futures

For current term dates please visit the Pathways to Empowerment page on our website.

zahrafoundation.org.au