



# STAY CONNECTED @ WILMA

Lockdown is a lonely time, but WILMA is here to help.

Our new Zoom group will share helpful anxiety-reduction techniques and self-care activities, discuss the community supports available, listen to your stories and feelings, and help you make new lockdown friends.

Wednesdays 10.30am-12pm, starting 21 July

To join in, email your details to [wilma@wilma.org.au](mailto:wilma@wilma.org.au). We will send you the Zoom link before the start of the first group.



## WILMA

WOMEN'S  
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