



Embrace the Change:

Empowering Workshop for

Empty Nesters

**REGISTER
YOUR
INTEREST**

Discover your next chapter!

Join us for an inspiring workshop designed to support empty nesters through their transition to the next phase of life. Explore strategies for embracing change, finding purpose, and rediscovering fulfillment as you navigate this new chapter.

- When** Wednesday, June 5, 2024
10am - 11:30am
- Where** mecwacare Ballan Health and Care Training room
- Cost** The workshop is free, and a morning tea will be provided at no cost.

For more information and to register, contact Louise Mayall (Advisor - Healthy Ageing)

E Louise.Mayall@mecwacare.org.au

T 03 5366 7934 M 0429 054 503

What to Expect:

- Interactive discussions
- Practical exercises and tools
- Guidance and support
- Connection with fellow empty nesters
- Inspiration for embracing new opportunities.

Who should Attend:

- Parents whose children have recently left home
- Anyone experiencing the empty nest transition
- Individuals seeking support and empowerment during this life stage
- Those dealing with relationship loss or recent loneliness.

Freecall 1800 163 292



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