

Call us now to register!



Break the Cycle aims to empower sustainable life choices & communities, through education and support

Empower is a course that educates women towards changing the way they see themselves and how they relate to others.

Our plan is to empower women to cope with challenging circumstances, have safer families and build stronger local communities.

Ask our Chaplain to see if you qualify for a Work and Development Order as attending Empower may also help you reduce SDRO debt (fines).

Phone: 02 9829 8898



FAMILY, RELATIONSHIP & LIFE SKILL

SUPPORT

Empower runs Thursdays 10am @

Break the Cycle Glenquarie. 32 Edgar St, Macquarie Fields

We understand that sometimes life can become difficult and challenges can be overwhelming.

Break the Cycle offers a wide range of services where anyone can seek assistance in meeting these challenges.

## Break the Cycle Glenquarie

32 Edgar St, Macquarie Fields, NSW

Email: [info@btc.org.au](mailto:info@btc.org.au)

Web: [www.btc.org.au](http://www.btc.org.au)

Phone: 02 9829 8898

