


Empower runs MONDAYS 11am-130pm



PURPOSE
EMBRACE RESILIENT
Empower
MINDFUL OPPORTUNITY
EQUIP WISE

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

Empower is a course that educates women (adult 18+) 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 Revenue NSW debt (fines).

Phone: 02 9829 8898

Call us now to register!

Break the Cycle Glenquarie. 32 Edgar St, Macquarie Fields
<< scan the QR CODE for more—www.wayout.website



FAMILY, RELATIONSHIP & LIFE SKILLS

SUPPORT



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

Web: www.btc.org.au

Phone: 02 9829 8898

