

COCOON



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Open Women's Discussion Group at Infocafé Palaver

Once a month, an open women's* group meets, welcoming women* from different backgrounds. Cocoon is a safe, low-threshold service and space for exchange, social support and mutual empowerment.

Together we talk about **topics that matter to women* in everyday life**, such as:

- health & self-care
- financial security
- relationships
- self-empowerment and self-confidence
- parenting and caregiving
- and other topics you bring with you

The topics are developed together in the group. It's a space for interaction, sharing and doing things together.

In a safe environment, we encourage women* to women* exchange, and together we gather methods and strategies for more well-being.

Guided in german, english and french by
Edith Abawe, sociologist and **Johanna Schweighart**, social worker

23.02., 23.3,
20.4, 18.5., 22.6.
from 09:30

Where?
Infocafé palaver
Lendplatz 38
8020 Graz