

Refresh is a community group with a focus on building fun, authentic friendships with women in the Lakelands area.

It's not a mothers group, a seniors group or a youth group - just genuine women, listening with women, laughing with women.

Proudly supported by:



The City of Mandurah Grant Funding



Check our monthly program, but no ongoing commitment is required. Drop Vanessa Cox, our Refresh Coordinator, an email refresh@1church.net.au to RSVP for catering.

Calendar of Events



Our First Event

10.00am - 12pm

Come along and enjoy morning tea while listening to our guest speaker, Esther, from 'People with Purpose'. Every lady who attends will receive a plant to take home! Please RSVP by 25 October.

2018

2019

30 NOVEMBER

JANUARY

15 FEBRUARY

Christmas Morning Tea Casual Family Gathering at Park (details to come) Refresh Morning Tea



5 APRIL



Refresh Morning Tea

Refresh Morning Tea

