

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01</p> <p>CLOSED</p> <p>PUBLIC HOLIDAY</p>	<p>02</p> <p>10:00am: Meditation 10:30am: Art & Craft 11:00am: Mental Health 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Mental Health 2:00pm: Journalling 2.30pm: Games</p>	<p>03</p> <p>LOCAL OUTING Movies \$17 Leave at 10:00am - bring Opal card and money for lunch</p>	<p>04</p> <p>10:00am: Chair Yoga or Walking 10:30am: Computers/Women's Discussion 11:30am: Hearing Voices 12:30pm: Lunch \$5 1:00pm: Mental Health/Walk 2:00pm: Craft activities 2:30pm: Games</p>	<p>05</p> <p>10:00am: Coffee Club/walk 11:00am: Mental Health 11:30am: Computer/Cooking Skills 12:30pm: Lunch \$5 1:00pm: Life Skills: Baking 2:00pm: Meditation 2.30pm: Games</p>
<p>08</p> <p>10:00am: Coffee Club/Walk 10:45am: Gardening/Art 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Life Skills 2:00pm: Games 2.30pm: Art and Craft</p>	<p>09</p> <p>10:00am: Meditation 10:30am: Art & Craft 11:00am: Mental Health 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Mental Health 2:00pm: Journalling 2.30pm: Games</p>	<p>10</p> <p>LOCAL OUTING Ten Pin Bowling \$12 \$6 per game Leave at 10:30am - bring Opal card and money for your lunch</p>	<p>11</p> <p>10:00am: Chair Yoga or Walking 10:30am: Computers/Women's Discussion 11:30am: Hearing Voices 12:30pm: Lunch \$5 1:00pm: Mental Health/Walk 2:00pm: Craft activities 2:30pm: Games</p>	<p>12</p> <p>10:00am: Coffee Club/walk 11:00am: Mental Health 11:30am: Computer/Cooking Skills 12:30pm: Lunch \$5 1:00pm: Life Skills: Baking 2:00pm: Meditation 2.30pm: Games</p>
<p>15</p> <p>10:00am: Coffee Club/Walk 10:45am: Gardening/Art 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Life Skills 2:00pm: Games 2.30pm: Art and Craft</p>	<p>16</p> <p>10:00am: Meditation 10:30am: Art & Craft 11:00am: Mental Health 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Mental Health 2:00pm: Journalling 2.30pm: Games</p>	<p>17</p> <p>LOCAL OUTING Local Outing Leave at 09:30am - bring Opal card and money for lunch <i>Do you have a favourite place to visit or an activity to try?</i></p>	<p>18</p> <p>10:00am: Chair Yoga or Walking 10:30am: Computers/Women's Discussion 11:30am: Hearing Voices 12:30pm: Lunch \$5 1:00pm: Mental Health/Walk 2:00pm: Craft activities 2:30pm: Games</p>	<p>19</p> <p>10:00am: Coffee Club/walk 11:00am: Mental Health 11:30am: Computer/Cooking Skills 12:30pm: Lunch \$5 1:00pm: Life Skills: Baking 2:00pm: Meditation 2.30pm: Games</p>
<p>22</p> <p>10:00am: Coffee Club/Walk 10:45am: Gardening/Art 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Life Skills 2:00pm: Games 2.30pm: Art and Craft</p>	<p>23</p> <p>10:00am: Meditation 10:30am: Art & Craft 11:00am: Mental Health 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Mental Health 2:00pm: Journalling 2.30pm: Games</p>	<p>24</p> <p>LOCAL OUTING Local BBQ \$5 Leave at 10:00am - bring Opal card and money for lunch Anyone with a Birthday in April eat for free!</p>	<p>25</p> <p>CLOSED</p> <p>PUBLIC HOLIDAY</p>	<p>26</p> <p>10:00am: Coffee Club/walk 11:00am: Mental Health 11:30am: Computer/Cooking Skills 12:30pm: Lunch \$5 1:00pm: Life Skills: Baking 2:00pm: Meditation 2.30pm: Games</p>



One Door. Many Opportunities.

Highlights this month:

Meditation
Tues 10:00 a.m.
Friday 2:00 p.m.

Coffee Club
M + F 10:00 a.m.

Hearing Voices
Thurs 11:30 a.m.

Mental Health Workshops
Tues 11:00 a.m. & 1 p.m.
Thurs 1 p.m.
Friday 11:00 a.m.

Computer Skills
Thurs 10:30 a.m.
Friday 11:30 a.m.

Art & Craft
Mon 10:30 a.m. & 1:00 p.m.
Tues 10:30 a.m.

Life Skills
Monday 1:00 p.m.
Friday 1:00 p.m.

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 10:45am: Gardening/Art
 11:30am: Cooking Skills
 12:30pm: Lunch \$5
 1:00pm: Life Skills
 2:00pm: Games
 2.30pm: Art and Craft

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 1:00pm: Mental Health
 2:00pm: Journalling
 2.30pm: Games

We are an NDIS centre based program providing group activities focusing on building social, recreational, vocational and educational skills delivered in a safe, positive and fun environment by qualified workers



Community

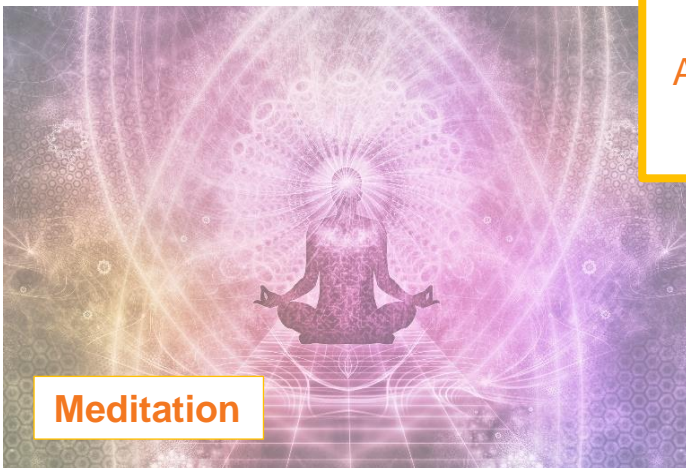


Group Discussions



Cooking Skills

Our Mission
 A world in which people with a mental illness are valued and treated as equals.



Meditation



Life Skills



Art & Crafting