

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>			<p><b>01</b>                      10:00am: Chair Yoga + Meditation                      10:30am: Computer Skills                      11:30am: Hearing Voices                      12:30pm: Lunch \$4                      1:00pm: Mental Health                      2:00pm: Craft activities                      2:30pm: Games and social skills</p>	<p><b>02</b>                      10:00am: Coffee Club/walk                      11:00am: Meditation                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Cognitive Skills                      1:30pm: Health Discussion                      2:30pm: Games and social skills</p>
<p><b>05</b>                      10:00am: Coffee Club/Walk                      10:45am: Gardening                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Art &amp; Craft                      1:30pm: Games                      2.30pm: Social Skills</p>	<p><b>06</b>                      10:00am: Meditation                      10:30am: Art &amp; Craft                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Mental Health                      1:30pm: Journalling                      2.30pm: Games and social skills</p>	<p><b>07</b>  <b>LOCAL OUTING</b>  <b>Ten Pin Bowling \$12</b>                      \$6 per game                      Leave at 10:30am - bring Opal card and money for your lunch</p>	<p><b>08</b>                      10:00am: Chair Yoga + Meditation                      10:30am: Computer Skills                      11:30am: Hearing Voices                      12:30pm: Lunch \$4                      1:00pm: Mental Health                      2:00pm: Craft activities                      2:30pm: Games and social skills</p>	<p><b>09</b>                      10:00am: Coffee Club/walk                      11:00am: Meditation                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Cognitive Skills                      1:30pm: Health Discussion                      2.30pm: Games and social skills</p>
<p><b>12</b>                      10:00am: Coffee Club/Walk                      10:45am: Gardening                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Art &amp; Craft                      1:30pm: Games                      2.30pm: Social Skills</p>	<p><b>13</b>                      10:00am: Meditation                      10:30am: Art &amp; Craft                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Mental Health                      1:30pm: Journalling                      2.30pm: Games and social skills</p>	<p><b>14</b>  <b>LOCAL OUTING</b>  <b>Local Outing</b>                      Leave at 09:30am - bring Opal card and money for lunch</p>	<p><b>15</b>                      10:00am: Chair Yoga + Meditation                      10:30am: Computer Skills                      11:30am: Hearing Voices                      12:30pm: Lunch \$4                      1:00pm: Mental Health                      2:00pm: Craft activities                      2:30pm: Games and social skills</p>	<p><b>16</b>                      10:00am: Coffee Club/walk                      11:00am: Meditation                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Cognitive Skills                      1:30pm: Health Discussion                      2.30pm: Games and social skills</p>
<p><b>19</b>                      10:00am: Coffee Club/Walk                      10:45am: Gardening                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Art &amp; Craft                      1:30pm: Games                      2.30pm: Social Skills</p>	<p><b>20</b>                      10:00am: Meditation                      10:30am: Art &amp; Craft                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Mental Health                      1:30pm: Journalling                      2.30pm: Games and social skills</p>	<p><b>21</b>  <b>LOCAL OUTING</b>  <b>Movies \$15</b>                      Leave at 10:00am - bring Opal card and money for lunch</p>	<p><b>22</b>                      10:00am: Chair Yoga + Meditation                      10:30am: Computer Skills                      11:30am: Hearing Voices                      12:30pm: Lunch \$4                      1:00pm: Mental Health                      2:00pm: Craft activities                      2:30pm: Games and social skills</p>	<p><b>23</b>                      10:00am: Coffee Club/walk                      11:00am: Meditation                      11:30am: Cooking Skills                      12:30pm: Lunch \$4                      1:00pm: Cognitive Skills                      1:30pm: Health Discussion                      2.30pm: Games and social skills</p>



One Door. Many Opportunities.

**Highlights this month:**

**Meditation**  
 T TH 10:00 a.m.  
 Friday 11:00am

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

**Hearing Voices**  
 Tues & Thurs 11:30 a.m.


**Mental Health Workshop**  
 Tues 1 p.m.  
 Thurs 1 p.m.

**Cognitive Skills**  
 Friday 1:00 p.m.

**Computer Skills**  
 Thurs 10:30 a.m.

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

**Health & Nutrition**  
 Friday 1:30 p.m.

<p><b>26</b>                  10:00am: Coffee Club/Walk                  10:45am: Gardening                  11:30am: Cooking Skills                  12:30pm: Lunch \$4                  1:00pm: Art &amp; Craft                  1:30pm: Games                  2.30pm: Social Skills</p>	<p><b>27</b>                  10:00am: Meditation                  10:30am: Art &amp; Craft                  11:30am: Cooking Skills                  12:30pm: Lunch \$4                  1:00pm: Mental Health                  1:30pm: Journaling                  2.30pm: Games and social skills</p>	<p><b>28</b>  <b>LOCAL OUTING</b>  <b>BBQ \$4</b>                  Did you have a Birthday this month?                  Lunch is <i>free</i> for February babies!</p>	<p><b>29</b>                  10:00am: Chair Yoga + Meditation                  10:30am: Computer Skills                  11:30am: Hearing Voices                  12:30pm: Lunch \$4                  1:00pm: Mental Health                  2:00pm: Craft activities                  2:30pm: Games and social skills</p>		
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Community



Group Discussions



Cooking Skills



Meditation

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



Cognitive Skills



Art & Crafting