

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p>03</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: CPS Group 2:00pm: Harmony Day Project 3:00pm: Games & Social Time</p> | <p>04</p> <p>10:00am: Check In 10:30am: Meditation 11:00am: Mental Health 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Body + Movement 2:00pm: Open Discussion 3:00pm: Games & Social Time</p> | <p>05</p> <p>LOCAL OUTING Ten Pin Bowling \$14 Leave at 11:00 a.m.</p> <p>Please bring ID, Opal card and money for lunch</p> <p>Anyone with a Birthday in February eats for free!</p> | <p>06</p> <p>10:00am: Check In 10:30am: Hearing Voices 11:00am: Women's Group 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Walk 1:30pm: Men's Group 2:30pm: Games & Social Time</p> | <p>07</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Meditation 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Music 2:00pm: Wellness Discussion 3:00pm: Arts & Craft</p> |
| <p>10</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: CPS Group 2:00pm: Harmony Day Project 3:00pm: Games & Social Time</p> | <p>11</p> <p>10:00am: Check In 10:30am: Meditation 11:00am: Mental Health 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Walk 2:00pm: Open Discussion 3:00pm: Games & Social Time</p> | <p>12</p> <p>LOCAL OUTING BBQ \$5 Leave at 10:30 a.m.</p> <p>Please bring money for lunch</p> | <p>13</p> <p>10:00am: Check In 10:30am: Hearing Voices 11:00am: Digital/Internet Skills 11:00am: Chair Yoga 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Body + Movement 1:30pm: Men's Group 2:30pm: Games & Social Time</p> | <p>14</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Meditation 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Music 2:00pm: Wellness Discussion 3:00pm: Arts & Craft</p> |
| <p>17</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: CPS Group 2:00pm: Harmony Day Project 3:00pm: Games & Social Time</p> | <p>18</p> <p>10:00am: Check In 10:30am: Meditation 11:00am: Mental Health 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Body + Movement 2:00pm: Open Discussion 3:00pm: Games & Social Time</p> | <p>19</p> <p>LOCAL OUTING Parramatta Library Leave at 10:30 a.m.</p> <p>Please bring ID, Opal card and money for lunch</p> | <p>20</p> <p>10:00am: Check In 10:30am: Hearing Voices 11:00am: Women's Group 11:30am: BBQ LUNCH 🍔🍷 12:45pm: Lunch \$5 1:00pm: Walk 1:30pm: Men's Group 2:30pm: Games & Social Time</p> | <p>21</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Meditation 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Music 2:00pm: Wellness Discussion 3:00pm: Arts & Craft</p> |
| <p>24</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: CPS Group 2:00pm: Harmony Day Project 3:00pm: Games & Social Time</p> | <p>25</p> <p>10:00am: Check In 10:30am: Consumers Feedback Meeting 11:00am: Mental Health 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Walk 2:00pm: Open Discussion 3:00pm: Games & Social Time</p> | <p>26</p> <p>LOCAL OUTING Movies \$17 Leave at 10:00 a.m.</p> <p>Please bring ID, Opal card and money for lunch</p> | <p>27</p> <p>10:00am: Check In 10:30am: Hearing Voices 11:00am: Digital/Internet Skills 11:00am: Chair Yoga 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Body + Movement 1:30pm: Men's Group 2:30pm: Games & Social Time</p> | <p>28</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Meditation 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Music 2:00pm: Wellness Discussion 3:00pm: Arts & Craft</p> |



One Door. Many Opportunities.

Highlights this month:

Check-in
10:00 a.m. every morning

Parramatta Library
Wed 19/02 10:30 a.m.

Hearing Voices
Mon 11:00 a.m.
Thurs 10:30 a.m.

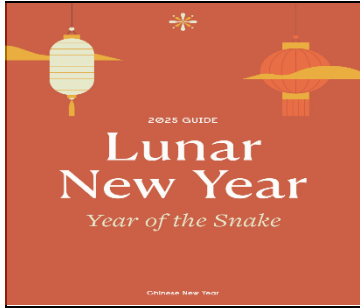
BBQ Lunch
Thurs 20/02 12:45 a.m.

Men's + Women's Group
Thursdays

Event Cinemas
Wed 26/02 10:00 a.m.

Body + Movement
Tues & Thurs 1:00 p.m.

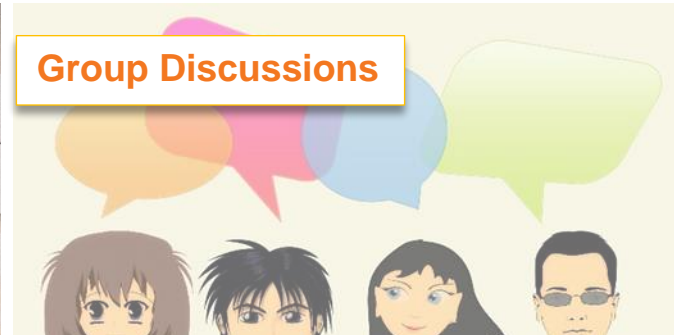
Digital + Internet Skills
Alt. Thurs 11:00 a.m.



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

Consumers Feedback Meeting
Thurs 25/02 10:30 a.m.

Creative Arts
Mon 2:00 p.m.
Fri 3:00 p.m.



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

