

# OCT 2022

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10-4	Launch Housing	10.30-2.30	Grow Cook and Go	10.30-2.30	Art class		
10-11	Push Fitness Docklands	2.30-3.30	Coffee & cake	12.30-3	Naturopath telehealth		
12.30-1.30	Lunch			7-9	HALC		
6-8.30	Peer-Support workshop						
	<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>
10-4	Launch Housing	10.30-2.30	Grow Cook and Go	10.30-2.30	Art class		
10-11	Push Fitness Docklands	13.30-3.15	Barber shop	12.30-3	Naturopath telehealth		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	7-9	HALC		
6-8.30	Peer-Support workshop						
	<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>
10-4	Launch Housing	10.30-2.30	Grow Cook and Go	10.30-2.30	Art class		
11-12	Stretch & Tone	2.30-3.30	Coffee & cake	12.30-3	Naturopath telehealth		
12.30-1.30	Lunch			7-9	HALC		
6-8.30	Peer-Support workshop						
	<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>
10-4	Launch Housing	10.30-2.30	Grow Cook and Go	10.30-2.30	Art class		
11-12	Stretch & Tone	2.30-3.30	Coffee & cake	12.30-3	Naturopath telehealth		
12.30-1.30	Lunch			7-9	HALC		
6-8.30	Peer-Support workshop						
	<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>
10-4	Launch Housing	10.30-2.30	Grow Cook and Go	10.30-2.30	Art class		
11-12	Stretch & Tone	13.30-3.15	Barber shop	12.30-3	Naturopath telehealth		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake				

DWF consultations  
via phone and face  
to face available

**AVAILABLE DAILY**  
Client Care and Support  
Pantry (accessible once  
a fortnight per client)  
Toast, Cereal, Tea,  
Coffee  
Vitamart  
Laundry Facilities  
NSP  
Lube and Condom Sales

\* Please contact  
reception to enroll in  
Grow Cook and Go or  
Art Class

# NOV 2022

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	<b>1</b>	10.30-2.30 Grow Cook and Go 2.30-3.30 Coffee & cake	<b>2</b>	10.30-2.30 Art class 12.30-3 Naturopath telehealth	<b>3</b>		<b>4</b>
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	<b>8</b>	10.30-2.30 Grow Cook and Go 13.30-3.15 Barber shop 2.30-3.30 Coffee & cake	<b>9</b>	10.30-2.30 Art class 12.30-3 Naturopath telehealth	<b>10</b>		<b>11</b>
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	<b>15</b>	10.30-2.30 Grow Cook and Go 2.30-3.30 Coffee & cake	<b>16</b>	10.30-2.30 Art class 12.30-3 Naturopath telehealth	<b>17</b>		<b>18</b>
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	<b>22</b>	10.30-2.30 Grow Cook and Go 13.30-3.15 Barber shop 2.30-3.30 Coffee & cake	<b>23</b>	10.30-2.30 Art class 12.30-3 Naturopath telehealth	<b>24</b>		<b>25</b>
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	<b>29</b>	10.30-2.30 Grow Cook and Go 2.30-3.30 Coffee & cake	<b>30</b>				

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