

DEC 2022

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12.30-3 Naturopath telehealth	1 2
6 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	7 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	8 12.30-3 Naturopath telehealth	9 Centre closes at 12pm
13 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch 10-4 Festive season pantry	14 2.30-3.30 Coffee & cake 10-4 Festive season pantry	15 12.30-3 Naturopath telehealth 10-4 Festive season pantry	16 10-4 Fest. pantry
20 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 End of year client lunch 10-4 Festive season pantry	21 2.30-3.30 Coffee & cake 10-4 Festive season pantry	22 12.30-3 Naturopath telehealth 10-4 Festive season pantry	23 10-4 Fest. pantry
27 Centre closed	28 Centre closed	29 Centre closed	30 Centre closed

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

JAN 2023

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Centre closed	4 Centre closed	5 Centre closed	6 Centre closed
10 10-4 Launch Housing 12.30-1.30 Lunch	11 2.30-3.30 Coffee & cake	12	13
17 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	18 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	19	20
24 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	25 2.30-3.30 Coffee & cake	26	27
31 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch			

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FEB 2023

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10.30-2.30 Grow Cook and Go 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	2 10.30-2.30 Art class 12.30-3 Naturopath	3
7 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	8 10.30-2.30 Grow Cook and Go 2.30-3.30 Coffee & cake	9 10.30-2.30 Art class 12.30-3 Naturopath	10
14 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	15 10.30-2.30 Grow Cook and Go 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	16 10.30-2.30 Art class 12.30-3 Naturopath	17
21 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	22 10.30-2.30 Grow Cook and Go 2.30-3.30 Coffee & cake	23 10.30-2.30 Art class 12.30-3 Naturopath	24
28 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch			

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