

MAR 2024

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
27-Feb		28-Feb		29-Feb		1-Mar	
10-4	Launch Housing	10-4	Launch Housing	10-2	AOD Therapeutic Serv.		
11-12	Stretch & Tone			10.30-2.30	Art class		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	12.30-3.30	Naturopath		
				12.30-1.30	Lunch		
5-Mar		6-Mar		7-Mar		8-Mar	
10-4	Launch Housing	10-4	Launch Housing	10-2	AOD Therapeutic Serv.		
11-12	Stretch & Tone			10.30-2.30	Art class		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	12.30-3.30	Naturopath		
				6-7	Dinner		
				6:30-8	Simple Wills Service		
12-Mar		13-Mar		14-Mar		15-Mar	
10-4	Launch Housing	10-4	Launch Housing	10-2	AOD Therapeutic Serv.		
11-12	Stretch & Tone			10.30-2.30	Art class		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	12.30-3.30	Naturopath		
				12.30-1.30	Lunch		
19-Mar		20-Mar		21-Mar		22-Mar	
10-4	Launch Housing	10-4	Launch Housing	10-2	AOD Therapeutic Serv.		
10.30-3	DWF Fines Day			10.30-2.30	Art class		
11-12	Stretch & Tone	2.30-3.30	Coffee & cake	12.30-3.30	Naturopath		
12.30-1.30	Lunch			12.30-1.30	Lunch		
26-Mar		27-Mar		28-Mar		29-Mar	
10-4	Launch Housing	10-4	Launch Housing	10-2	AOD Therapeutic Serv.	Centre Closed	
11-12	Stretch & Tone			10.30-2.30	Art class		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	12.30-3.30	Naturopath	Good Friday	
				12.30-1.30	Lunch	Public Holiday	

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
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and activities

APR 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2-Apr</p> <p>Centre Closed</p> <p>Easter Tuesday Holiday</p>	<p>3-Apr</p> <p>10-4 Launch Housing</p> <p>2.30-3.30 Coffee & cake</p>	<p>4-Apr</p> <p>10-2 AOD Therapeutic Serv.</p> <p>10.30-2.30 Art class</p> <p>12.30-3.30 Naturopath</p> <p>6-7 Dinner</p> <p>6.30-8 Simple Wills Service</p>	<p>5-Apr</p>
<p>9-Apr</p> <p>10-4 Launch Housing</p> <p>11-12 Stretch & Tone</p> <p>12.30-1.30 Lunch</p>	<p>10-Apr</p> <p>10-4 Launch Housing</p> <p>2.30-3.30 Coffee & cake</p>	<p>11-Apr</p> <p>10-2 AOD Therapeutic Serv.</p> <p>10.30-2.30 Art class</p> <p>12.30-3.30 Naturopath</p> <p>12.30-1.30 Lunch</p>	<p>12-Apr</p>
<p>16-Apr</p> <p>10-4 Launch Housing</p> <p>11-12 Stretch & Tone</p> <p>12.30-1.30 Lunch</p>	<p>17-Apr</p> <p>10-4 Launch Housing</p> <p>2.30-3.30 Coffee & cake</p>	<p>18-Apr</p> <p>10-2 AOD Therapeutic Serv.</p> <p>12.30-3.30 Naturopath</p> <p>12.30-1.30 Lunch</p> <p>2pm Centre Closed</p>	<p>19-Apr</p> <p>Centre Closed</p>
<p>23-Apr</p> <p>10-4 Launch Housing</p> <p>11-12 Stretch & Tone</p> <p>12.30-1.30 Lunch</p>	<p>24-Apr</p> <p>10-4 Launch Housing</p> <p>2.30-3.30 Coffee & cake</p>	<p>25-Apr</p> <p>Centre Closed</p> <p>Public Holiday ANZAC Day</p>	<p>26-Apr</p>
<p>30-Apr</p> <p>10-4 Launch Housing</p> <p>11-12 Stretch & Tone</p> <p>12.30-1.30 Lunch</p>	<p>1 May</p> <p>10-4 Launch Housing</p> <p>2.30-3.30 Coffee & cake</p>	<p>2 May</p> <p>12.30-3.30 Naturopath</p> <p>6-7 Dinner</p> <p>6:30-8 Simple Wills Service</p>	<p>3 May</p>

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MAY 2024

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30-Apr		1-May		2-May		3-May	
10-4	Launch Housing	10-4	Launch Housing	12.30-3.30	Naturopath		
11-12	Stretch & Tone			6-7	Dinner		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	6.30-8	Simple Wills Service		
7-May		8-May		9-May		10-May	
10-4	Launch Housing	10-4	Launch Housing	10-2	AOD Therapeutic Serv.		
11-12	Stretch & Tone			12.30-3.30	Naturopath		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	12.30-1.30	Lunch		
14-May		15-May		16-May		17-May	
10-4	Launch Housing	10-4	Launch Housing	10-2	AOD Therapeutic Serv.		
11-12	Stretch & Tone			12.30-3.30	Naturopath		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	6-7	Dinner		
21-May		22-May		23-May		24-May	
10-4	Launch Housing	10-4	Launch Housing	10-2	AOD Therapeutic Serv.		
11-12	Stretch & Tone			12.30-3.30	Naturopath		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake	12.30-1.30	Lunch		
28-May		29-May		30-May		31-May	
10-4	Launch Housing	10-4	Launch Housing	12.30-3.30	Naturopath		
11-12	Stretch & Tone			6-7	Dinner		
12.30-1.30	Lunch	2.30-3.30	Coffee & cake				

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