

# SEP 2023

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1
5 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	6 10-4 Launch Housing 1-2.30 Breathwork classes 2.30-3.30 Coffee & cake	7 10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 6-7 Monthly Dinner	8
12 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	13 10-4 Launch Housing 1-2.30 Breathwork classes 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	14 10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	15
19 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	20 10-4 Launch Housing 1-2.30 Breathwork classes 2.30-3.30 Coffee & cake	21 10-4 AOD Therapeutic Serv. 12.30-3 Naturopath 12.30-1.30 Lunch	22
26 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	27 10-4 Launch Housing 1-2.30 Breathwork classes 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	28 10-4 AOD Therapeutic Serv. 12.30-3 Naturopath 12.30-1.30 Lunch	29 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  
some of our courses  
and activities

# OCT 2023

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>	
10-4 Launch Housing		10-4 Launch Housing		10-4 AOD Therapeutic Serv.			
11-12 Stretch & Tone		1-2.30 Breathwork classes		10.30-2.30 Art class			
12.30-1.30 Lunch		2.30-3.30 Coffee & cake		12.30-3 Naturopath			
				6-7 Monthly Dinner			
<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>	
10-4 Launch Housing		10-4 Launch Housing		10-4 AOD Therapeutic Serv.			
11-12 Stretch & Tone		1-2.30 Breathwork classes		10.30-2.30 Art class			
12.30-1.30 Lunch		1.30-3.15 Barber shop		12.30-3 Naturopath			
		2.30-3.30 Coffee & cake		12.30-1.30 Lunch			
<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>	
10-4 Launch Housing		10-4 Launch Housing		10-4 AOD Therapeutic Serv.			
11-12 Stretch & Tone		2.30-3.30 Coffee & cake		10.30-2.30 Art class			
12.30-1.30 Lunch				12.30-3 Naturopath			
				12.30-1.30 Lunch			
<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
10-4 Launch Housing		10-4 Launch Housing		10-4 AOD Therapeutic Serv.			
11-12 Stretch & Tone		1.30-3.15 Barber shop		10.30-2.30 Art class			
12.30-1.30 Lunch		2.30-3.30 Coffee & cake		12.30-3 Naturopath			
				12.30-1.30 Lunch			
<b>31</b>							
10-4 Launch Housing							
11-12 Stretch & Tone							
12.30-1.30 Lunch							

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# NOV 2023

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10-4 Launch Housing 2.30-3.30 Coffee & cake	2 10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 6-7 Monthly Dinner	3
7 Centre closed	8 10-4 Launch Housing 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	9 10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	10
14 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	15 10-4 Launch Housing 2.30-3.30 Coffee & cake	16 10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	17
21 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	22 10-4 Launch Housing 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	23 10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	24
28 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	29 10-4 Launch Housing 2.30-3.30 Coffee & cake	30 10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	

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