

| ARAFMI : Mental Health & More | | | | | |
|--|--|---|---|---|------------------------------------|
| Hub Calendar : February 2014 : | | | | | |
| | <u>Monday</u> Hub open 9-12. Counselling 12-5 Young ARAFMI 12-5 | <u>Tuesday</u> Hub open 1-4 Young ARAFMI 12-5 Hub meeting 130 | <u>Wednesday</u> Hub open 9-12 Counselling 1-4 Young ARAFMI groups3-6 | <u>Thursday</u> Hub training 9-12 Hub open 1-4 | <u>Friday</u> Hub closed |
| February | 3rd Hub open 9-12 | 4th Hub meeting 130 Hub open 1-4 | 5th Hub open 9-12 | 6 th 10- 12 Carers coping skills session 1 Hub open 1-4 | 7th closed |
| | 10th Hub open 9-12 | 11th Committee Xmas party 12 Hub meeting 130 Hub open 1-4 | 12th Hub open 9-12 | 13th 10- 12 Carers coping skills session 1 Hub open 1-4 | 14th closed |
| | 17th Hub open 9-12 | 18th Hub meeting 130 Hub open 1-4 | 19th Hub open 9-12 | 20th 10- 12 Carers coping skills session 1 Hub open 1-4 | 21th closed |
| | 24th Hub open 9-12 | 25th Hub meeting 130 Hub open 1-4 | 26th Hub open 9-12 | 27th 10- 12 Carers coping skills session 1 Hub open 1-4 | 28th closed |

The Yakkalla Hub is open at the above times for **anyone** in the community to use.

This includes all meetings and training programs. This service is **free**.

For more information or to book in for the training programs

please ring **43694233** or just drop in.

6 Community Road, Bateau Bay.