

**ARAFMI : Mental Health & More
Hub Calendar : January 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
January	6th Hub open 9-12	7th Hub meeting 130 Hub open 1-4	8th Hub open 9-12	9th Hub open 9-1 Mental health first aid session 1 1-3	10th closed
	13th Hub open 9-12	14th Committee Xmas party 12 Hub meeting 130 Hub open 1-4	15th Hub open 9-12	16th Hub open 9-1 Mental health first aid session 2 1-3	17th closed
	20th Hub open 9-12	21th Hub meeting 130 Hub open 1-4	22th Hub open 9-12	23th Hub open 9-1 Mental health first aid session 3 1-3	24th closed
	27th Hub open 9-12	28th Hub meeting 130 Hub open 1-4	29th Hub open 9-12	30th Hub open 9-1 Mental health first aid session 3 1-3	31st 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.