



We recognise the lived-experience of people who are impacted by mental health and acknowledge this as an expertise.

Get involved. Be supported.

Mon. Tues. Wed. Thurs. Fri.
9am-3pm, closed public holidays

**6 Community Road,
Bateau Bay NSW 2261**

Next to Bateau Bay Fire Station

**Download this Activity Calendar at
www.ccarafmi.org.au/yakkalla**

**Contact us to learn more
ph (02) 4334 3666
yakkalla@ccarafmi.org.au**



@YakkallaARAFMI



@CentralCoastARAFMI

Central Coast ARAFMI promoting mental health and wellness since 1976.

Central Coast ARAFMI values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



NDIS Provider
4050000946

Updated 12.04.22



Yakkalla

**Mental Health Community
and Support Program**



**CENTRAL COAST
ARAFMI**
MENTAL HEALTH AND MORE



“Yakkalla is a place I come to where I feel safe, valued and included.”

Fees may apply to some activities.

Ask us about our bus pickup service to Yakkalla (Bateau Bay) from Gosford Station and designated stops.

To learn more speak with our Program Coordinator, call 4334 3666. Visit online ccarafmi.org.au/yakkalla

Yakkalla is a community of people who share a sense of belonging.

Participants make friends, connect with the world around them and participate in activities and outings designed by participants, to satisfy their needs.

Yakkalla is open to anyone who is impacted by their mental health. To find out more, come in and have a cuppa and chat between 9am-3pm, Monday-Thursday.

monday

HYDROPONIC GARDENING
10am-11am

MENS GROUP
12pm-1:30pm


NINTENDO GAMING GROUP 
10am-12pm



tuesday

ART CLASS 
9:30am-11:30am

YAKKALLA BAND
11:30am-3pm

FOODIE TUESDAY 
12pm-1pm
Enjoy a feed, meet new people, share your story.

TEN PIN BOWLING
10am-11:30am


wednesday

YAKKALLA GARDENING
10am-12pm

MOVIE N MUNCHIES  
12pm-2pm
Watch your favourite or new movies at Yakkalla with friends. Light refreshments will be provided.

thursday

ART CLASS 
9:30am-11:30am


COMMUNITY LUNCH 
11:30am-12:30pm

MEDITATION
1:30pm-3pm

YAKKALLA BAND
10am-12pm

fridays

Fridays are strictly by appointment only

SOCIAL OUTINGS 
9am-3pm
Day trips on Yakkalla bus to Sydney, Newcastle & across the Central Coast.

YAKKALLA BAND
10am-3pm

YOUNGER ONSET DEMENTIA GROUP
11am-3pm
