

Central Coast ARAFMI values and includes people of all backgrounds, genders, sexualities, cultures, bodies, minds and abilities. We recognise the lived-experience of people who are impacted by mental health and acknowledge this as an expertise.

THE TRUST

BEYOND THE STIGMA

CONNECT | GROW | RECOVER | LEARN

THE TRUST | Beyond The Stigma

21 Bellbowrie Ave, NARARA NSW 2251
Contact Fiona Simpson 0421 470 356 (Program Coordinator)
or email thetrust@ccarafmi.org.au



Enquiries: 4323 7731



Providing services for people 18 plus who are impacted by mental health. We provide group activities, social outings, face to face supports, recovery coaching, capacity building and skills training. We are a friendly, flexible and all-inclusive service.

www.ccarafmi.org.au

Enquiries@ccarafmi.org.au
ABN 9361 202 8088 NDIS #4050000946



Registered NDIS Provider



CENTRAL COAST
ARAFMI
MENTAL HEALTH & MORE

YOU CAN TRUST IN US

Offering all-inclusive community participation programs set amongst the leafy gardens of Lerida. We specialise in offering services for clients 18+ who are affected by mental health. Our trauma informed, quality programs include life skill development, creative arts, mindfulness, gentle exercise activities, a Men Only Recovery Group and much more.

Connection and Community

A sense of belonging, authentic relating, healthy touch, communication skills, decision making, healthy boundaries, a voice, social connection and community outings.

Awareness and Resilience Building

Flexibility, sensory needs, mental health awareness, building resources and networks, education and life skills, meditation and mindfulness activities.

Being active and healthy choices

Gentle exercise and stretching, Tai Chi, dance, walking, healthy cooking and eating.

Environment and Sustainability

Being in nature, growing veggies, worm farming, composting, recycling and refurbishing.







Creativity and Music

Painting, ceramics, sculpture, mosaics, scrapbooking, weaving, paper making, drumming, singing, guitar, etc.



We are an inclusive workspace that celebrates differences and welcomes CALD and LGBTQI+ communities.

THE TRUST WEEKLY TIMETABLE

MONDAY 9am to 12:30pm		TUESDAY 9am to 12:30pm		WEDNESDAY 9am to 2:30pm		THURSDAY 9am to 12:30pm	
 Community & Connection		 'Toolbox Talk' Morning Tea Chat Group		 Morning Tea Catch Up Mental Health Matters Chats		 Morning Tea Ceramics Wheelwork & Glazing Chat Group	
 Crafty Creations Games & Chat		 Music Skills Workshop		 Meditation Class Gentle Exercise Class		 Community Lunch	
 Food Activity Healthy Snacks		 Recovery Shed Plan & Create Activity		 Self Paced Workshops Arts/Crafts • Ceramics		 Community Outings	



NDIS Services available:

- Level 2 Support Coordination
- Psychosocial Recovery Coaching
- Social Inclusion Programs & Activities
- Friendly, Reliable Support Workers
- Respite Accommodation
- Community Outings

COMMUNITY OUTING LAST THURSDAY OF THE MONTH 9am to 2:30pm

Meet at 'The Trust' to catch the bus. Bookings essential. NDIS clients as per service agreement. Non-NDIS \$20.