

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.

YAKKALLA

SOCIAL & RECREATION PROGRAM March - May

CONNECT | GROW | RECOVER | LEARN

YAKKALLA

Social & Recreation Program
6 Community Road
Bateau Bay NSW 2261

OPEN: Mon to Thurs Programs
9am to 3pm
Friday Outings



At Yakalla we recognise that each person is a unique individual with their own interests and goals. We offer a range of social, recreational and educational activities for people who live with a mental health condition.

Enquiries: 4323 7731

www.ccarafmi.org.au

Enquiries@ccarafmi.org.au

ABN 9361 202 8088 NDIS #4050000946



SCAN ME



Cover mural by Donna Harris



Registered NDIS Provider



CENTRAL COAST
ARAFMI
MENTAL HEALTH & MORE

YAKKALLA PROGRAMS

FOOD FROM SEED GARDENING

Learn new skills and meet new people outdoors. Enjoy watching your favourite veggies or fruit grow and create meals from the harvest.

WALKING GROUP

Walk and chat around the local area while getting to know others in your community.

COMMUNITY LUNCH

Enjoy a healthy freshly made lunch or BBQ prepared by our fabulous Jenny or staff. Meet new people, catch up with friends and refuel.

ARTY PROJECTS

Bring in your own art or craft project to work on or try something new with support from staff.

TEN PIN BOWLING

Join us for a friendly competition each week.

POOL COMPETITION

Hang out for a casual game of pool and catch up with other members to enjoy a friendly competition.

YAKKALLA BAND

Come and listen to our members band - 'The Yakkalla's' while they practice familiar songs. Feel free to join in or try your hand at learning a new skill.

FEEL GOOD BINGO










Enjoy a touch of kindness and friendly competition each week with members and staff.

WIND DOWN & CHILL OUT SESSIONS

A time to relax, meditate, reflect and regroup. Develop stress management techniques through the practice of mindfulness.

SOCIAL OUTINGS

Come along and engage with others as we explore the greater Central Coast, Newcastle and Sydney.

YAKKALLA WEEKLY TIMETABLE 9am - 3pm				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yakkalla Social Group 9am - 3pm Come in for a coffee and a chat with staff and members.				
 Food from Seed Gardening 9am - 12noon	 Arty Projects 9:30am - 11:30am	 Food from Seed Gardening 9am - 12noon	Arty Projects 9:30am - 11:30am	Social Outings  Bookings essential Non-NDIS \$20 NDIS clients as per service agreement Small additional community groups by application only Enquiries 4323 7731  NDIS Services available: <ul style="list-style-type: none"> • Level 2 Support Coordination • Psychosocial Recovery Coaching • Social inclusion Programs and Activities • Friendly, Reliable Support Workers • Respite Accommodation • Community Outings
Walking Group	Ten Pin Bowling 10am - 11:30am	Community Lunch 12pm - 12:30pm Seasonal Menu \$5	Yakkalla Band 10am - 12pm  Community Lunch 12pm - 12:30pm Seasonal Menu \$5	
 Community Lunch 12pm - 12:30pm Seasonal Menu \$5	Yakkalla Band 10am-2pm Socialise & Learn	Pool Competition Leader Board Winners drawn quarterly	Feel Good BINGO! 11:30pm - 12pm 	
Wind Down & Chill Out sessions 1:30pm	Wind Down & Chill Out sessions 1:30pm 	Wind Down & Chill Out sessions 1:30pm	Wind Down & Chill Out sessions 1:30pm	