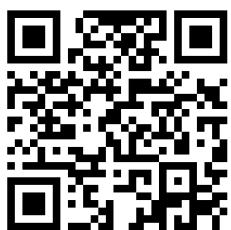


MENTAL HEALTH GROUPS TIMETABLE

2025

Mindful Monday

Arts and Craft
2.30 pm - 4.30 pm



Grati-Tuesday

Gentle Yoga
11:00 am - 12:00 pm

Gather and Share
Social Dinner
05:00 pm - 7:30 pm



Wellness Wednesday

Drop-in Breakfast
and Games
9:00 am - 11.30 am



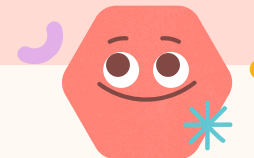
Thoughtful Thursday

Walk n' Talk
09:30 am - 11:30 am



Feel-Good Friday

Life Skills and
Wellbeing
Workshops
Ask our friendly
team for more
information



To make a referral, please scan the QR Code or email CPSPreferrals@wcs.org.au
Our group timetable follows the ACT School Term dates. Funded by Capital Health Network (CHN).