

Mental Health Groups Timetable

Mindful Monday

Arts and Crafts
2:30pm to 4pm



Grati - Tuesday

Dru Yoga
11am to 12pm

Life skills and Wellbeing Workshops
2pm to 4pm



Wellness Wednesday

The Breakfast Club
9am to 11:30am



Feel Good Friday

Life skills and Wellbeing Workshops
10am to 12pm



To make a referral, please scan the QR code or email CSPReferrals@wcs.org.au