



# Connector Hub South Western Sydney

connectorhub.com.au

Funded by SWSPHN.

### Connection Desk

- Understand and access the NDIS
- Manage and better understand your NDIS plan
- Find out more about supports and services in the local community

- Thursday 23 September 2021
- Thursday 28 October 2021
- Thursday 25 November 2021
- Thursday 23 December 2021

Contact Debrah to RSVP  
0479 106 246



## ZOOM GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Groups</b>		10:30am-12:30pm  <b>Movie Group</b> Facebook live <b>Host John</b>	10am-11am  <b>Four Elements of You</b> <b>Host Moana</b>  11:30-12:30pm  <b>Game on- Trivia</b> <b>Host: Asami</b>	10:30am-12:30pm  <b>Movie Group</b> Facebook live <b>Host John</b>	10:00am- 11:00am  <b>Fri- YAY</b> (Fortnightly) <b>Host Jess</b>  10:00am-11am  <b>LGBTQIA+ associations group</b> (Fortnightly) <b>Host Asami</b>
<b>Afternoon Groups</b>	1:00pm-2:00pm  <b>Social Group</b> (Fortnightly) <b>Host Katrina</b>	1:00pm-2:30pm  <b>Finding your Purpose group</b> (Fortnightly) <b>Host John</b>  1:00pm- 2:00pm  <b>Creative Connectors</b> (Fortnightly) <b>Host John</b>  2:30pm-3:30pm  <b>Crochet</b> <b>Host Moana</b>	1:00pm-2:00pm  <b>Social Group</b> <b>Host Katrina</b>  1:00pm-2:00pm  <b>MENgagement</b> <b>Host John</b>	1:00pm-2:00pm  <b>Daily Living Skills &amp; Connection</b> <b>Host Moana</b>  2:30pm-3:30pm  <b>Lockdown Cooking</b> Facebook live <b>Host John</b>	12:00-12:45pm  <b>Let's learn Japanese</b> <b>Host Asami</b>  1:00-1:45pm  <b>Meditation</b> <b>Host Asami</b>

Delivered in partnership.

SWSPHN Mental Health Central Intake Line 1300 797 746