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## **Connection Desk**

•Understand and access th •Manage and better under your NDIS plan •Find out more about supp services in the local comm

•Thursday 23 September 2 •Thursday 28 October 2022 •Thursday 25 November 20

•Thursday 23 December 20

Contact Debrah to RSVP 0479 106 246



						ZOOM GROUF
		Monday	Tuesday	Wednesday	Thursday	Friday
Hub Sydney au I. the NDIS	Morning Groups		10:30am-12:30pm <b>Movie Group</b> Facebook live <mark>Host John</mark>	10am-11am Four Elements of You Host Moana 11:30-12:30pm	10:30am-12:30pm <b>Movie Group</b> Facebook live <mark>Host John</mark>	10:00am- 11:00am <b>Fri- YAY</b> (Fortnightly) Host Jess 10:00am-11am
erstand pports and munity • 2021 021				Game on- Trivia Host: Asami		LGBTQIA+ associations group (Fortnightly) Host Asami
2021 2021	Afternoon Groups	1:00pm-2:00pm <b>Social Group</b> (Fortnightly)	1:00pm-2:30pm Finding your Purpose group	1:00pm-2:00pm <b>Social Group</b> Host Katrina	1:00pm-2:00pm Daily Living Skills & Connection	12:00-12:45pm Let's learn Japanese
JOUTISH		Host Katrina	Host John 2:30pm-3:30pm Crochet Host Moana	1:00pm-2:00pm <b>MENgagement</b> Host John	Host Moana 2:30pm-3:30pm Lockdown Cooking Facebook live Host John	Host Asami 1:00-1:45pm Meditation Host Asami

SWSPHN Mental Health Central Intake Line 1300 797 746

Delivered in partnership.

PS