

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOVEMBER

<p>2 Family Violence drop in clinic at Nintirri 8.30am - 2.30pm Pre and Post Natal Exercise Class 9am - 10am Helena McCabe Bookings at the Arts Hub 10.30am - 12.30pm Pilates 10-11am & 7-8pm</p>	<p>3 Playgroup 9am - 11am Toy Library 11am - 11:30am Family Violence drop in clinic at Wakathuni Nurse Clinic Wakathuni Pilates 7-8pm</p>	<p>4 Study Group & Work Space 8.30am - 11am Midwife Clinic - Nintirri 8:00-4:30 pm Nurse Clinic Bellary</p>	<p>5 Playgroup 9am - 11am Child Health Nurse drop in clinic 10-11:30 am Family Violence drop in clinic at Karingal 10am - 1pm</p>	<p>6 HIIT class 8:20am-9am Family Violence drop in clinic at Nintirri 8.30am - 2.30pm Arts Hub Fridays kids welcome 8.30am - 10.30am Little Language Group 9.30am - 12pm</p>	<p>7 Sunday 8th - Baby Art Sensory Morning- Play group</p>
<p>9 Family Violence drop in clinic at Nintirri 8.30am - 2.30pm Pre and Post Natal Exercise Class 9am - 10am Helena McCabe Bookings at the Arts Hub 10.30am - 12.30pm Pilates 10-11am & 7-8pm Perinatal Anxiety, and Depression Awareness week</p>	<p>10 Playgroup 9am - 11am Toy Library 11am - 11:30am Family Violence drop in clinic at Wakathuni Nurse Clinic Wakathuni Pilates 7-8pm Perinatal Anxiety, and Depression Awareness week</p>	<p>11 Study Group & Work Space 8.30am - 11am Midwife Clinic - Nintirri 8:00-4:30 pm Nurse Clinic Bellary Perinatal Anxiety, and Depression Awareness week</p>	<p>12 Playgroup 9am - 11am Child Health Nurse drop in clinic 10-11:30 am Midwife Clinic - Karingal Womens Health Nurse Paraburdoo NAIDOC Morning tea Perinatal Anxiety, and Depression Awareness week</p>	<p>13 HIIT class 8:20am-9am Family Violence drop in clinic at Nintirri 8.30am - 2.30pm Arts Hub Fridays kids welcome 8.30am - 10.30am Little Language Group 9.30am - 12pm Perinatal Anxiety, and Depression Awareness week</p>	<p>14 NAIDOC DAY Perinatal Anxiety, and Depression Awareness week - Paint and Sip night at the Arts Hub</p>
<p>16 Family Violence drop in clinic at Nintirri 8.30am - 2.30pm Pre and Post Natal Exercise Class 9am - 10am Helena McCabe Bookings at the Arts Hub 10.30am - 12.30pm Pilates 10-11am & 7-8pm</p>	<p>17 Playgroup 9am - 11am Toy Library 11am - 11:30am Family Violence drop in clinic at Wakathuni Nurse Clinic Wakathuni Pilates 7-8pm</p>	<p>18 Study Group & Work Space 8.30am - 11am Midwife Clinic - Nintirri 8:00-4:30 pm Nurse Clinic Bellary</p>	<p>19 Playgroup 9am - 11am Child Health Nurse drop in clinic 10-11:30 am Family Violence drop in clinic at Karingal 10am - 1pm</p>	<p>20 Family Violence drop in clinic at Nintirri 8.30am - 2.30pm White Ribbon Day March 10am Volunteer thank you lunch 12pm Newman Outreach - Womens Health and Midwife Little Language Group 9.30am - 12pm</p>	<p>21</p>
<p>23 Family Violence drop in clinic at Nintirri 8.30am - 2.30pm Pre and Post Natal Exercise Class 9am - 10am Helena McCabe Bookings at the Arts Hub 10.30am - 12.30pm Pilates 10-11am & 7-8pm</p>	<p>24 Playgroup 9am - 11am Toy Library 11am - 11:30am Family Violence drop in clinic at Wakathuni Nurse Clinic Wakathuni Pilates 7-8pm</p>	<p>25 Study Group & Work Space 8.30am - 11am Midwife Clinic - Nintirri 8:00-4:30 pm Nurse Clinic Bellary</p>	<p>26 Playgroup 9am - 11am Child Health Nurse drop in clinic 10-11:30 am</p>	<p>27 Family Violence drop in clinic in Onslow HIIT class 8:20am-9am Arts Hub Fridays kids welcome 8.30am - 10.30am Little Language Group 9.30am - 12pm</p>	<p>28</p>
<p>30 Family Violence drop in clinic at Nintirri 8.30am - 2.30pm Pre and Post Natal Exercise Class 9am - 10am Helena McCabe Bookings at the Arts Hub 10.30am - 12.30pm Pilates 10-11am & 7-8pm</p>					

Empowered Communities

Play Group and Toy Library

Join us for play group every Tuesday and Thursday from 9am - 11am, it's \$2 per family and we would also love you to bring a piece of fruit to share and a hat! While you are here, ask us about the Toy Library memberships, and utilise our library of toys and early years resources.

The Community Op Shop is a volunteer run op shop based at The Nintirri Centre, there is always a treasure to be found! Open 8am - 1.30pm weekdays.

The Pickled Bean is a not-for-profit cafe, everyone's favourite spot for coffee and breakfast! Follow them on Facebook at: [Facebook.com/thepickledbeantp](https://www.facebook.com/thepickledbeantp)

Karjini Family Violence Counselling and Prevention

Provision of counselling, support and prevention programs to raise awareness and reduce the incidence of family and domestic violence.

Drop ins are available at the Nintirri Centre:

Monday and Friday 8am—2pm.

If you require support or further information please call Fay Ilnnes on 0400 206 079.

Early Years Care and Education

Providing the best quality care for children within a safe, loving and educational environment.

Little Geckos Child Care Centre offers full time day care for babies, toddlers and pre-school children. **After School Hours Care** is a program offering after school collection from both North Tom Price Primary School and Tom Price Primary School to The Nintirri Centre. We also offer a **transition to school program** for three year olds, based at North Tom Price Primary School.

Community Health and Wellbeing

Our Community Health and Wellbeing team run a **Women's Health and Midwife Clinic** with no referrals needed, and health promotion activities including a range of wellbeing and exercise classes varying each term. A safe, supportive and confidential space for you to discuss any concerns or find out more information about your health. You can receive health screening and advice on a range of women's health issues as well as evidence-based, continuity of care throughout pregnancy and after birth. Contact us as per below to make an appointment.

Art, Culture & Tourism Development

Nurturing arts and culture in our community to facilitate capacity building and community development;

The Karjini Experience is a major project, an annual arts and culture festival in the Karjini National Park - 14 - 18 April 2020. Visit www.karjiniexperience.com for tickets.

The Arts Hub is a community driven learning centre.

Contact Nell on 0498 005 185 or email tompricearts@nintirri.org.au

Community Resource Centre

The Tom Price CRC is open between 8am - 2pm weekdays at The Nintirri Centre. The CRC provides state Government and community information services, public use computers, affordable office space for emerging and established businesses, meeting space, video conferencing, workshops and events space and computer services with printing, laminating, binding and scanning. The CRC also provides one on one support for computer training, online courses and study, job seeking and Government information.

CONTACT US

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