

PLEASE BE ADVISED THAT MASKS ARE TO BE WORN INSIDE OF ALL BUILDINGS THAT PROVIDE HEALTH SERVICES AT ALL TIMES.

EVERY WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30am - 2:30pm Family Violence drop in clinic at the Nintirri Centre</p> <p>Open Art Studio every Monday 3:00 - 6:00 pm, all are welcome!</p>	<p>9am - 11am Playgroup</p> <p>11am - 11:30am Toy Library</p> <p>Chiropractic Services from Exmouth Wellness Centre</p> <p>Family Violence drop in clinic @ Wakathuni</p>	<p>8.30am - 11am Study Group & Work Space ++</p> <p>8:30-9:30am Kids Craft @ The Arts Hub</p> <p>11am - 12:30pm Draw & Tellin @ The Arts Hub (</p> <p>Mini Makers - 9:30 - 10:30 am @ the Arts Hub</p>	<p>9am - 11am Playgroup</p> <p>10am - 11am- Mums & Bubs Group @ The Arts Hub</p>	<p>10am Little Language Nest**</p> <p>Occupational Therapy - appointment only</p> <p>8:30am - 2:30pm Family Violence drop in clinic @ Nintirri</p>

**Please note programs marked with a ** do not run during the School Holidays.

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Programs and events in orange are not run by Nintirri and need to be booked directly with the provider.

THIS MONTH

	<p>4th Reset your Life Retreat Week 2</p>	<p>9th, 10th and 14th The Bra Bar will be @ the Arts Hub. Tues 9th, 11 am - 5 pm Wed 10th, 9 am - 5 pm Sun 14th, 10 am - 2 pm</p>	<p>11th Reset your Life Retreat Week 3</p>	<p>12th Teen Girls Night @ The Arts Hub in collaboration with the Bra Bar please see Website for details/bookings</p>	<p>New this Month 8am - 9am First Time Mums & Bubs Group @ The Arts Hub starting 21st of July</p>	<p>All month Heal Acupuncture & Chinese Medicine- appointment only Tom Price Hand Clinic, Appointment only</p>
	<p>12th Ladies Night @ The Arts Hub in collaboration with the Bra Bar please see Website for details/bookings</p>	<p>25th Outreach 2 Karingal in Paraburdoo</p>	<p>All Month Tripple P, Positive Parenting Seminar this will be on all throughout August please go online to book.</p>	<p>All Month Tom Price Hand Clinic appointment only</p>	<p>All month Yin Yoga, Pilates, & Barre Fusion Classes. Please book online *Dates will be added all month.</p>	<p>All month Reset Physiotherapy appointment only Karratha Health Care- appointment only</p>