

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>Lego Group 3:30 – 4:30 @ The Arts Hub</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>Mini Makers - 9:30 - 10:30 am @ the Arts Hub</p> <p>Post Natal Exercise group Please contact; Telephone: 9159 5216 Sophie.tHart@health.wa.gov.au</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.

++ Please note programs marked with a ++ have Creche available.

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

THIS MONTH

<p>31st Oct- 3rd Midwife Claire visits</p>	<p>3rd S.E.L.F.I.E Girls Group. 3.00- 5.00 pm All booked out Midwife Drop in clinic @ The Arts Hub 9 am</p>	<p>11th Mytime cooking session @ The Arts Hub</p>	<p>12th AWARE Ball</p>	<p>18th White Ribbon Day</p>	<p>All Month Tom Price Hand Clinic appointment only</p>	<p>All month Heal Acupuncture & Chinese Medicine- appointment only Tom Price Hand Clinic, Appointment only</p>
<p>9th- 11th Nurse Taren Womens Health Clinic appointments</p>	<p>20th Photos without Santa 10-12 am @ The Arts Hub</p>	<p>19th, 25th & 26th Photos with Santa @ The Arts Hub. Times via our website</p>	<p>25th Mytime open session 3-5 with Santa photo session 4-5 16 Days WA</p>	<p>27th High school Op Shop</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>