

Cape Acton Timetable

<p>MONDAY Open 11am-5pm</p>	<p>TUESDAY (pre-registration required)</p>	<p>WEDNESDAY Open 11am-5pm</p>	<p>FRIDAY Open 11am-4.30pm</p>
<p>11:15 – 12:15pm Think Healthy with Camilla</p> <p>12-1pm Wellbeing Group with Anca</p> <p>2-3pm Creating Connections with Camilla</p> <p>2-5pm ICT with Mark</p>	<p>1-5pm Youth Group Social Outing with Camilla</p>	<p>11.30-12.30pm Stress Management with Camilla</p> <p>2-4pm Walking Group with Wolfgang</p> <p>2.15-3.15pm Creative Writing with Camilla</p> <p>2-5pm ICT with Mark</p>	<p>11:15 – 12pm What's Going On? with Camilla</p> <p>12:30-1pm Social Group (client-run for organising outings)</p> <p>2-4pm Arts and Craft with Catherine</p> <p>3:15 – 4pm Guided Meditation</p> <p>2-4.30pm ICT with Mark</p>