

MULTICULTURAL SOCIAL SUPPORT GROUP

Activity Room 3, Ashfield Civic Centre 260, Liverpool Rd Ashfield

Booking is essential for all programs as spaces are limited

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EVENT	DATE & TIME	DETAILS
Recycling Workshop	Monday 6 February 10:00am – 12:00pm	Can you recycle takeaway cups and pizza boxes? What about batteries, lids and that fiddly fruit net? Find out in this fun and practical workshop on the mysterious world of waste and recycling Through hands-on activities, you will get a glimpse of what happens after you close that bin lid and find out the best places to take items that are too good to throw away.
De-cluttering Workshop	Monday 13 February 10:00am – 12:00pm	Covers how to de-clutter, donate and sustainably reduce your stuff Set your goals, find the time, stay motivated and learn the basics of how to de-clutter and get organised.
Centrelink	Monday 20 February 10:00am – 12:00pm	Come and learn about the services provided by Department of Human Services.
Oral Health Workshop	Monday 27 February 10:00am – 12:00pm	Come and learn how to maintain your oral health
Safe Use of Medicine	Monday 6 March 10:00am – 12:00pm	Come and learn about how the medicine works, how long one should take them, what are the side effects and for how long should one be on medication.
Police Information	Monday 13 March 10:00am – 12:00pm	Learn the role and responsibility of Police NSW
Arts and Craft	Monday 20 March 10:00am – 12:00pm	Come learn arts and craft and be a part of our support group.
Cooking Workshop	Monday 27 March 10:00am – 12:00pm	Come and be a part of Culinary Tales. Participate in a cooking program, learn and enjoy delicious recipes.
Display of Creative Items	Monday 3 April 10:00am – 12:00pm	Come and be a part of creativity. Join our Multicultural Social Support Group and look at the display items created by group members

CHILDREN WELCOME *All activities are subject to change without notice should unforeseen circumstances occur. *All programs are **FREE** of charge unless specified.