

CALENDAR

THE HEALTH HUB GROUPS



MON

9AM – 10AM
Mums N Bubs

3PM – 4PM
All About Girls

5PM – 6PM
Transforming Families

TUE

8:30AM – 9:30AM
Ready! Prep!
Go!

9AM – 10AM
Gross & Fine
Motor

10:30AM – 11:30AM
RAMSR

10:30AM – 11:30AM
Ready! Prep!
Go!

2:30PM – 3:30PM
Sensory Play

3:30PM – 4:30PM
Gross & Fine
Motor

3:30PM – 4:30PM
Drum To
Communicate

4:30PM – 5:30PM
Flow Arts

WED

9AM – 10AM
Social Skills
/ Emotion
Regulation

11AM – 12PM
Social Skills
/ Emotion
Regulation

3:30PM – 4:30PM
Social Skills
/ Emotion
Regulation

3:30PM – 4:30PM
Drum To
Regulate

4:30PM – 5:30PM
Mindfulness

4:30PM – 5:30PM
Social Skills
/ Emotion
Regulation

5PM – 6PM
Daily Living
Skills

THU

9AM – 10AM
Gardening

10AM – 11AM
Play Skills &
Behaviours

3:30PM – 4:30PM
Gross & Fine
Motor

4PM – 5PM
Art Therapy

FRI

9AM – 10AM
Ready! Prep!
Go!

10:30AM – 11:30AM
Ready! Prep!
Go!

3:30PM – 4:30PM
Sibling Unity

3PM – 4AM
Beauty, Fashion
& Style

3PM – 4PM
All About Boys

4PM – 5PM
Minecraft

4:30PM – 5:30PM
Yoga Therapy

3:30PM – 4:30PM
Self-Esteem &
Identity

SAT

10AM – 11AM
Animal Care

11AM – 12PM
Animal Care –
Adults

12PM – 1PM
DIY Workshop



07 3890 7033



admin@thehealthhub.org.au



www.thehealthhub.org.au

