



# THE RIVERS PROGRAM



	MON	TUE	WED	THU	FRI
9AM					
10AM					
11AM					
12PM					
1PM					
2PM					
3PM					
4PM					
5PM					
6 PM					

For more information please contact Rise on [howcanwehelp@risenetwork.com.au](mailto:howcanwehelp@risenetwork.com.au) or phone (08) 6274 3737

The Rivers Program is delivered by:



ACTIVITY	LOCATION	DATE/TIME
Rivers Drop-In Hub* (Chai and Chat)	U 13-64 Kent St, Cannington	Mondays Drop-In 9:30am-1:30pm
Rivers Drop-In Hub* (Healing on Boodja)	18 Helena St, Midland	Mondays Drop-In 12:30pm-4:00pm
Bounce Health and Wellbeing	Brown Park Recreation Centre	Tuesdays 1:30pm-3:00pm
Rivers Drop-In Hub* (Arts Hub)	12 Dorchester Ave, Warwick	Wednesdays Drop-In 2:00pm-6:00pm
Sew and Socialise	5 Bookham St, Morley	Thursdays 9:30am-12:30pm
Tar Ta Weaving	5 Bookham St, Morley	Thursdays 9:30am-12:30pm
Rivers Drop-In Hub* (Warwick Hub)	12 Dorchester Ave, Warwick	Thursdays Drop-In 2:30pm-4:30pm
Sew and Socialise	U 13-64 Kent St, Cannington	Fridays 9:30am - 12:30pm

\* Drop-In's do not require a booking.

All other activities must be booked in advanced by contacting Rise. More info: <https://www.rise.org.au/rise-services/mental-health/rivers>

ACTIVITY	LOCATION	DATE/TIME	ACTIVITY DESCRIPTION
Rivers Drop-In Hub* (Chai and Chat)	U 13-64 Kent St, Cannington	Mondays Drop-In 9:30am-1:30pm	For multicultural women to strengthen their social, emotional and mental wellbeing.
Rivers Drop-In Hub* (Healing on Boodja)	18 Helena St, Midland	Mondays Drop-In 12:30pm-4:00pm	Develop culturally safe networks and increase connection
Bounce Health and Wellbeing	Brown Park Recreation Centre	Tuesdays 1:30pm-3:00pm	Recreational and physical activities to support your personal health and well-being
Rivers Drop-In Hub* (Arts Hub)	12 Dorchester Ave, Warwick	Wednesdays Drop-In 2:00pm-6:00pm	Connect with others, express your creativity through art projects and boost your wellbeing.
Sew and Socialise	5 Bookham St, Morley	Thursdays 9:30am-12:30pm	Multicultural sewing group to increase your skills, reduce your stress and meet new people.
Tar Ta Weaving	5 Bookham St, Morley	Thursdays 9:30am-12:30pm	Learn the art of hand weaving, practice conversational English and build your confidence.
Rivers Drop-In Hub* (Warwick Hub)	12 Dorchester Ave, Warwick	Thursdays Drop-In 2:30pm-4:30pm	Enjoy a cuppa and a chat, or get involved in workshops that support you to build your life skills.
Sew and Socialise	5 Bookham St, Morley	Fridays 9:30am-12:30pm	Multicultural sewing group to increase your skills, reduce your stress and meet new people.

