



THE RIVERS PROGRAM



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

ACTIVITY	LOCATION	DATE/TIME
Wungening Drop-In Hub* (Healing on Boodja)	18 Helena St, Midland	Mondays Drop-In 12:30pm-4:00pm
MSC Drop-In Hub* (Healing Stiches)	U 13-64 Kent St, Cannington	Tuesdays Drop-In 9:30am-1:30pm
Bounce Health and Wellbeing	Brown Park Recreation Centre	Tuesdays 1:30pm-3:00pm
Rise Drop-In Hub* (Arts Hub)	12 Dorchester Ave, Warwick	Wednesdays Drop-In 2:00pm-6:00pm
Rivers Art Workshops (Arts Hub)	12 Dorchester Ave, Warwick	Wednesday 2:00pm-6:00pm
Salaam Quilting	5 Bookham St, Morley	Thursdays 10:00am-1:00pm
Tar Ta Weaving	5 Bookham St, Morley	Thursdays 10:00am-1:00pm

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

Please Note: one off & short term programs are advertised separately.

The Rivers Program is delivered by:



* 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
Wungening Drop-In Hub* (Healing on Boodja)	18 Helena St, Midland	Mondays Drop-In 12:30pm-4:00pm	Develop culturally safe networks and increase connection
MSC Drop-In Hub* (Healing Stiches)	U 13-64 Kent St, Cannington	Tuesdays Drop-In 9:30am-1:30pm	For multicultural women to strengthen their social, emotional and mental wellbeing.
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
Rise Drop-In Hub* (Arts Hub)	12 Dorchester Ave, Warwick	Wednesdays Drop-In 2:00pm-6:00pm	Join like minded people who identify with mental health and receive peer support.
Rivers Art Workshops (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.
Salaam Quilting	5 Bookham St, Morley	Thursdays 10:00am-1:00pm	Multicultural sewing group to increase your skills, reduce your stress and meet new people.
Tar Ta Weaving	5 Bookham St, Morley	Thursdays 10:00am-1:00pm	Learn the art of hand weaving, practice conversational English and build your confidence.
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.

