



L&L Gold Coast 2020

	Activity	Next start Date/ time	Meeting Point	Cost and additional info
	Fit Me Group	Thursdays 9am-2pm Due to commence in March 2020	Short Stay or Community	\$ 10 activity cost Taking Expression of Interests
	Smash and Paint	Fridays 10am-2pm Due to commence in March 2020	Montrose Therapy Office – Arundel	\$5 activity cost
Thrill Seekers	Thrill Seekers Club	Saturdays 10am-4pm as per Social Calendar	Short Stay/Community	Taking Expression of Interests
Teen Group	Teen Club	Thursday 3:30pm-6:30pm	Short Stay	Pick up from School available – Spots available
Independent Living Skills	Jamie Oliver Cooking Classes	Next course due to start in April 2020.		Transport available from Gold Coast Spots available
	Becoming Independent-Life Skills Program	Tuesdays 9am-3pm	Short Stay / Community	Spots available
	Girls Group 16 plus	Mondays weekly 9am-1pm	Community / meet at Short Stay	Taking Expression of Interests

To book or find out more, call **1800 193 362**