

Stepping Out

Social Connection Program

Upcoming Fridays:



**Friday
21st August**

11am -
12pm



**Addi Moves:
Trauma Informed
Exercise**

12pm -
2pm



Art class

2pm -
2:30pm



**Lunch at
Stepping out**

2.30pm -
3.30pm



**Hang-out
with the crew**



**Friday
28th August**

11am -
12pm



**Addi Moves:
Trauma Informed
Exercise**

12pm -
2pm



Art class

2pm -
2:30pm



**Lunch at
Stepping out**

2.30pm -
3.30pm



**Drama for
wellbeing with
Siobhan**



**Friday
4th September**

11am -
12pm



**Addi Moves:
Trauma Informed
Exercise**

12pm -
2pm



Art class

2pm -
2:30pm



**Lunch at
Stepping out**

2.30pm -
3.30pm



**Good Shepard
Financial Safety
Workshop (1/2)**



**Friday
11th September**

11am -
12pm



**Addi Moves:
Trauma Informed
Exercise**

12pm -
2pm



Art class

2pm -
2:30pm



**Lunch at
Stepping out**

2.30pm -
3.30pm



**Drama for
wellbeing with
Siobhan**



**Friday
18th September**

11am -
12pm



**Addi Moves:
Trauma Informed
Exercise**

12pm -
2pm



Art class

2pm -
2:30pm



**Lunch at
Stepping out**

2.30pm -
3.30pm



**Good Shepard
Financial Safety
Workshop (1/2)**



**Friday
25th September**

Monthly Outing:



**11.30am-3.30pm
Cat Cafe and Lunch**



**stepping
out**



www.steppingout.org.au

