

THE ULLADULLA AND DISTRICTS COMMUNITY RESOURCES CENTRE NEWSLETTER APRIL 2024 /  
MAY 2024

DAY	GROUP OR SERVICE	CONTACT	HOURS
Monday	NA JP Community Desk Family Services RFCS Financial Counselling	4454 2990 4454 0477 1800 372 000 1800 570 655	12pm-2pm 9am-12pm By Appointment 4 <sup>th</sup> Monday of month
Tuesday	AlAnon Headspace Interagency (first Tuesday of the month) JP Community Desk Family Services Campbell Page	4454 3823 1800 718 383 4454 0477 4454 0477 1800 372 000 1300 139 920	10am-11.30am By Appointment 9.30am-11am  9am-12pm By Appointment Fortnightly
Wednesday	Correctional Services Food Store Personnel Group Shoalcoast Legal (2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday) JP Community Desk Belly Dancing	4424 6700 4454 0477 0413 463 069 1800 229 529 4454 0477 0450 378 196	9am-4pm 9.30am-11am 9am-4pm By Appointment (9.30am-2pm) 9am-12pm 2pm-3pm
Thursday	AlAnon Ostara Workskills Stroke Recovery Group (3 <sup>RD</sup> Wednesday) Yoga JP Community Desk NDIS Interagency	4454 3823 9055 1630 4403 9646 1300 650 594 4454 0477 4454 0477 8379 7000	1pm-2.30pm By Appointment Fortnightly Monthly  10am-11am 9am-12pm 1 <sup>st</sup> Thursday of month
Friday	Food Store Personnel Group JP Community Desk	4454 0477 0413 463 069 4454 0477	9.30am-11.00am By Appointment 9am-12pm
Other Activities	Counsellor - Sarah Date Computer and Literacy Lessons Admin Support Worker Tax Help (Aug-Oct)	0400 173 391 4454 0477 4454 0477 4454 0477	By Appointment By Appointment By Appointment By Appointment