



























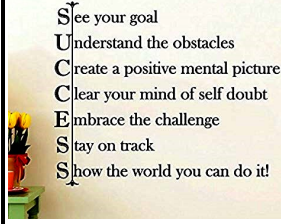


CATHERINE HOUSE WOMEN'S CENTRE — February 2019

LOCATIONS: BLACK = Women's Centre room RED = offsite

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CHWC is open Monday to Friday 10-4pm</p>	<p><i>She was</i> UNSTOPPABLE, <i>not because she did not have</i> FAILURES OR DOUBTS <i>but</i> <i>because she continued on</i> DESPITE THEM.</p>		<p><i>By doing</i> <i>what you</i> LOVE, you INSPIRE <i>and awaken</i> <i>the hearts</i> <i>of others.</i></p>	<p>1 10 - 12 Music - Ukulele & singing (Susie)</p>  <p>1:00 - 3:00 Craft (Susan)</p> 	<p>2 CHWC closed</p>	<p>3 CHWC closed</p>
<p>4 10 - 12 Jewellery & Beading (Beverley)</p> <p>6:30 - 8:30 BINGO (Sue)</p> 	<p>5 10 - 4 Mandalas, etc</p> <p>10 - 12 ESL support (Maureen)</p> <p>12:30-3:30 MY TIME, MY LIFE (Sharon)</p>  <p>1 - 3 ESL support (Sue)</p>	<p>6 10 - 12 Knitting (Robyn)</p> <p>10 - 1 Computer Tutor (Zoe)</p> <p>12:30 - 1:30 Tutoring (Sandy)</p> <p>1:30 - 3:30 QUILTING & SEWING (Gena)</p> 	<p>7 10 - 4 Mandalas, computers, games, reading, knitting, craft and music (clients)</p> <p>1 - 4 Art (Lou)</p>  <p>2 - 4 ESL support (Sue)</p>  <p>6:45 - 8:45 MOVIE NIGHT (Carol and Sandy)</p>	<p>8 10 - 12 Music - Ukulele & singing (Susie)</p>  <p>1:00 - 3:00 Craft (Susan)</p> 	<p>9 CHWC closed</p> <p>10:30 - 11:30 Movement/ Stretching and Relaxation (Kate)</p> 	<p>10 CHWC closed</p>
<p>11 10 - 12 Jewellery & Beading (Beverley)</p> <p>6:30 - 8:30 BINGO (Carol)</p> 	<p>12 10 - 12:30 Mandalas etc</p> <p>10 - 12 ESL support (Maureen)</p> <p>11:15 - 12 LOW IMPACT (Sam)</p> <p>12:30-3:30 MY TIME, MY LIFE (Sharon)</p> 	<p>13 10 - 12 Knitting (Robyn)</p> <p>12:30 - 1:30 Tutoring (Sandy)</p> 	<p>14 10 - 4 Mandalas, computers, games, reading, knitting, craft and music (clients)</p> <p>1 - 4 ART (Lou)</p> 	<p>15 10 - 12 Music - Ukulele & singing (Susie)</p>  <p>1:00 - 3:00 Craft (Susan)</p> 	<p>16 CHWC closed</p>	<p>17 CHWC closed</p>
<p>18 10 - 12 Jewellery & Beading (Beverley)</p> <p>6:30 - 8:30 BINGO (Sue)</p> 	<p>19 10-11:15 Mandalas etc</p> <p>10 - 12 ESL support (Maureen)</p> <p>12:30-3:30 MY TIME, MY LIFE (Sharon)</p> 	<p>20 10 - 12 Knitting (Robyn)</p> <p>10 - 1 Computer Tutor (Zoe)</p> <p>12:30 - 1:30 Tutoring (Sandy)</p> <p>1:30 - 3:30 QUILTING & SEWING (Gena)</p> 	<p>21 10 - 4 Mandalas, computers, games, reading, etc</p> <p>1 - 4 Art (Lou)</p>  <p>6:45 - 8:45 MOVIE NIGHT (Carol and Sandy)</p> 	<p>22 10 - 12 Music - Ukulele & singing (Susie)</p>  <p>1:00 - 3:00 Craft (Susan)</p> 	<p>23 CHWC closed</p> <p>10:30 - 11:30 Movement/ Stretching and Relaxation (Kate)</p> 	<p>24 CHWC closed</p>
<p>25 10 - 12 Jewellery & Beading (Beverley)</p> <p>1 - 3 HAIRDRESSER – (SHANNON)</p> <p>6:30 - 8:30 BINGO (Carol)</p> 	<p>26 10 - 12:30 Mandalas etc</p> <p>10 - 12 ESL support (Maureen)</p> <p>11:15 - 12 LOW IMPACT (Nat)</p> <p>12:30-3:30 MY TIME, MY LIFE (Sharon)</p>  <p>1 - 3 ESL support (Sue)</p>	<p>27 10 - 12 Knitting (Robyn)</p> <p>10 - 1 Computer Tutor (Zoe)</p> <p>12:30 - 1:30 Tutoring (Sandy)</p> 	<p>28 10 - 4 Mandalas, computers, games, reading, knitting, craft and music (clients)</p> <p>1 - 4 ART (Lou)</p>  <p>2 - 4 ESL support (Sue)</p>	<p>See your goal Understand the obstacles Create a positive mental picture Clear your mind of self doubt Embrace the challenge Stay on track Show the world you can do it!</p> 	<p>CHWC is open Monday to Friday 10-4pm</p>	



Catherine House Clients are exhibiting in The Art of Being Human Art exhibition during this year's Fringe Festival. Artwork can be seen at the following locations:

- * Fly Bird Fly
- * Café Outside the Square
- * Erb 'n' Flo
- * Scull Kombucha
- * Mimi
- * Kings Head Hotel

When: During Adelaide Fringe 15 February – 17 March

HUTT STREET LIBRARY - 235 HUTT ST

Staffed: Monday - Wednesday & Friday: 10am - 6pm,
Thursday: 10am - 8pm, Saturday: 11am - 2pm
Tel: 8203 7990 for information or to book.

BOX FACTORY—59 REGENT ST

Staffed: Monday - Friday: 4pm -7pm
Tel: 8203 7749 for information or to book.

ADELAIDE SOUTH WEST COMMUNITY

CENTRE - 171 STURT ST
Staffed: Monday to Friday 9am - 5pm
Tel: 8203 7801 for information or to book.

Activities Information at these Services can be found on the Women's Centre noticeboard in the Computer Room.



Are you interested in developing your overall confidence – your speaking voice?

Would you like the opportunity to speak to others about the work of Catherine House to help raise awareness of Women's homelessness?

If yes.....

Come along to the Information Session on Monday 4 February 3.30pm in the Catherine House Boardroom.

Hear current and former Catherine House clients talk about how being involved in speaking on behalf of Catherine House has helped them.

RSVP to your worker or Lisa at the Women's Centre

Updates on Women's Centre Activities

Make this year a time for devoting a few hours each week to you to "Live Your Best Life"? This is a life changing course, don't miss out, hear from other clients at the Information Session, the impact it had on them and their life.



MY TIME COURSE 22 , 2019

7 WEEK COURSE - Commenced Tuesday 22/1/19 until Tuesday 5/3/19. Facilitated by Sharon.

LIVE YOUR BEST LIFE COURSE 12 , 2019

6 WEEK COURSE - Information Session on Tuesday 12th March from 12:30 - 2.30pm. Course on every Tuesday from 12:30 - 3:30pm commencing 19/3/19. Facilitated by Sharon.



International Women's Day
Friday 8th March

This year's theme for International Women's Day is...

"Think equal, build smart, innovate for change"

The Women's Centre will be holding an afternoon tea with:

- ◆ Catherine House Panel Members speaking about the theme "Balance for Better"
- ◆ Panel Question Time
- ◆ Music/Dance group performances
- ◆ Light refreshments provided
- ◆ Time: 2:30pm - 4:00pm

