

Term 1 Program 2024 Helping Our Community



Pot Luck Thursday

Thursday | 11:30- 12:30pm | FREE

Volunteers will prepare something yummy, maybe soup, scones or sandwiches-a bit of pot luck- for visitors to enjoy. Sit down with others to enjoy a chat and a something yummy to eat



19 Ballintine Street Benalla
Open 9:00am - 4:00pm, Monday to Thursday
Email: wwaminda@bigpond.net.au Phone (03) 5762 4528
<https://www.wamindabenalla.org.au/>

Your wellbeing

Hume Mental Health & Wellbeing Connect



Tuesday fortnightly | 11:30am-1:30pm
Feb 6, Feb 20, March 5th & March 19th

Supporting someone who is experiencing mental health and/or substance challenges can be difficult. Come along to connect with others CARERS who have lived experience in understanding

In Person Peer Support Carers Group



Wednesdays fortnightly | 10:00-12:00pm
14th Feb, 28th Feb, 13th Mar, 27th Mar

Meet with other carers who understand the complex nature of a caring role. They get it, because they've been there.

AWAHS Outreach Health Service



ALBURY WODONGA ABORIGINAL HEALTH SERVICE

Tuesday fortnightly | 10:30am-3:00pm
13th Feb, 27th Feb, 12th March, 26th March
Doctor, Nurse, Dietician and SEWB workers

GROW Peer Support



Mondays | 10:30-12:30 | FREE

The Grow Program is a mental health support program based on lived experience.

Kids & Families

Immunisations

Monday- Feb 5th & March 4th
1:00pm-1:30 | Phone 1800 655 360 to book

WEDNESDAY @WAMINDA
AFTER SCHOOL PROGRAM FOR PRIMARY SCHOOL AGE CHILDREN
SNACKS PROVIDED
Wednesdays during Term 1
Enrolments essential
19 Ballintine Street, Benalla Ph 57624 528

COMING SOON
Cooking Classes
Creating Healthy Lunchboxes
After school dance classes

BRCC Supported Playgroup

Supported Playgroup is a relaxed environment for families with children between the ages of 0 and school age. The Playgroup is facilitated by a trained worker specialising in families and their children.
WHERE: WAMINDA COMMUNITY HOUSE
DAY: Tuesdays during School Terms
TIME: 10:00 -12:00



Rotary Yard Round Up



Need your lawn tidied?

Rotary Benalla have volunteers who are tidying up lawns for those who are unable to do it themselves. To find out more or register, contact Waminda.

A donation to Rotary to cover fuel/line trimmer is welcomed.

The Produce Table

Do you have excess fruit or vegetables in your garden?

You can drop off your excess produce, make a swap or take what you need.



Food Relief

Thursday | 11:00am - 1:00pm | FREE

Every Thursday we take delivery of fresh food including bread, fruit and vegetables. Anyone doing it a bit tough is welcome to drop in and pick up some food.

BYO bag

Version 3

Link Up@CWA Hall-Benalla

Every Wednesday during school terms

Commencing Wednesday 28th February 2024



Coffee and Cake
10am-11am
\$6-cash only

Book Club



Kids Activities & Reading
Corner
10:30am-11:30am free



Creative Corner
& Workshops
11:30am -1:30pm
first session free

Every Wednesday during School Terms

CWA Hall - 17 Bridge St East, BENALLA

For more information or to make a group booking contact
Waminda Community House Ph 0357 624 528

This project is funded by

