







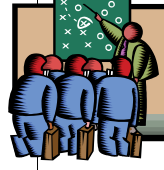










*Keeping mentally healthy is just as important as staying physically healthy."*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Self Advocacy Cooking Program Jodie 4.30—6.30PM \$5 	4 Women's Group 6-8pm Elaine \$5 Sex & safety 	5 Advocacy Idol Esteem Development Program Elaine & Jodie 4.30—6pm <b>Men's Group 6-8pm</b> 	6 Member Meeting Guest speaker 4.30-6pm Elaine \$3 	7	8	9
10 Self Advocacy Cooking Program Jodie 4.30—6.30PM 	11 <b>ASW Annual General Meeting</b> Lotteries House 6.30pm 	12 Advocacy Idol Esteem Development Program Elaine & Jodie 4.30—6pm 	13 Once a Month Self Advocacy Leadership Program 6.00-8.30pm Ten pen bowling \$19 	14	15 <b>Strategic Plan Meeting</b> 10.00am to 3.00pm Venue to be advised 	16
17 Self Advocacy Cooking Program Jodie 4.30—6.30PM \$5 	18 Self Advocacy Office Closed 	19 Advocacy Idol Esteem Development Program Jodie 4.30—6pm <b>Men's Group 6-8pm</b> 	20 Leadership Forum Self Advocacy Presentation Balingup Zoe, Caroline, Elaine and Jodie	21 Leadership Forum Self Advocacy Presentation Balingup Zoe, Caroline Elaine and Jodie 	22	23
24 Self Advocacy Cooking Program Jodie 4.30—6.30PM 	25 Women's Group 6-8pm Michelle & Elaine \$5 Mindfulness 	26 Advocacy Idol Esteem Development Program Elaine & Jodie 4.30—6pm 	27	28 Halloween Costume Barbeque 6.30—9pm Elaine & Jodie \$5 	29	30
31 Self Advocacy Cooking Program Jodie 4.30—6.30PM 