



Our Community Hub is Now Up and Running!

We hope you had a wonderful break over Christmas and New Years. We are excited to share with you that in the up coming year, we have various amazing classes, social events, and more planned for you and for your loved ones looking for exciting disability and mental health day programs.

When are we open?

From Monday to Friday, Our Community Hub is open from 9:00am to 3:00pm to all participants, as well as from 3:00pm to 6:00pm for kids participating in after school programs.

Weekend day programs and outing times may vary and transport services are also available

What we have in store for you...

Exciting Classes and Therapies every week to help you feel regulated and keep things interesting!



Artful Fun

Art classes where you get to let your creativity run wild and make functional, aesthetic and decorative pieces to cherish.



Healthy Cooking & Eating

Learn new skills and recipes as you cook up some delicious and nutritious meals and desserts to enjoy at the hub or save for later.



Mindfulness & Meditation

Unwind and take deep breaths in our mindfulness and meditation class where you can begin to put your mind, body and soul first.



Dance Fitness

Get your heart pumping in our dance fitness class, where you can learn new and fun tips to help keep your body and mind healthy.



Holiday Celebrations

Come down to our Centre during holiday seasons, where we host holiday parties for participants to engage in fun activities and eat delicious food.



Outings & Adventures

Spread your wings and try new things! We have a lot of exciting adventures to take you on and fun days out to look forward to. Holiday seasons consist of outings specific to them.



Outdoor Play

Our outdoor area consists of outdoor water play, swings and a jungle gym for your kids to have some fun in the sun.



Cinema, Sensory & Music Rooms

In our Centre we have various rooms designed and decorated for serene activities. Watch a movie and unwind in the Cinema Room, listen to and create great tunes in the Music Room, and zen out in the Sensory room.



Transport

We help organise and provide transport for participants who wish to be taken to and from our Centre, their scheduled events and personal plans, and home.

Interested in what we do or want to know more?

Reply to this email or contact us via the contact information provided below:

Phone Number:

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Email:

Info@ourcommunityhub.org

Location

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