



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

WEEKLY WORKSHOPS

Raahina
Monday

**COUCH TO
5K**
9.30AM
Departing C401

**TE REO
RANGATIRA**
9:30-11
Training Room



TECH CLUB
11-12
Care Café

Raatu
Tuesday

**COUCH TO
5K**
9.30AM
Departing C401

JOBSQUAD
1-2PM
Care Café

Raapa
Wednesday

**COUCH TO
5K**
9.30AM
Departing C401

**WOMEN'S
GROUP**
10:30-11:30



MADJAM
10 - 12PM
Training Room

NGAA TOI
1-2PM
Training Room



Raapare
Thursday

**COUCH TO
5K**
9.30AM
Departing C401

**Depression &
Anxiety Support**
11:30 - 12:30PM
Training Room



STATE OF MIND
1:30-2:30
Training Room



Raamere
Friday

WAIATA
9:30-10
Training Room



ART O CLOCK
10:30-12
Training Room

GAMES CLUB
12:30-1:30
Training Room



We look forward to seeing you :)