

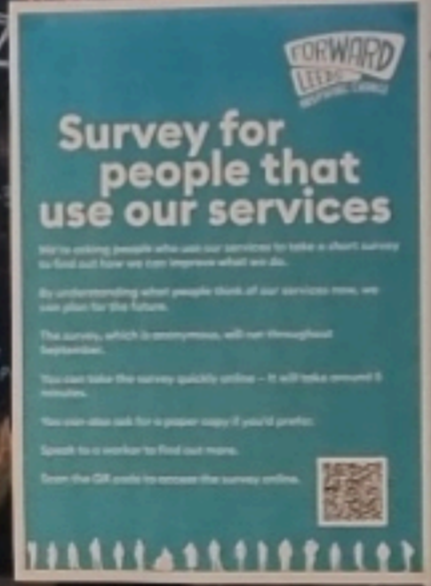


WELCOME TO 5WAYS

WHAT'S NEW

- \* MIND YOUR HEAD (MINDFULNESS) MONDAYS 2-4 PM
- \* WELCOME TO 5WAYS (TALK AND TOUR) WEDNESDAYS 1-1.40 PM
- \* GUITAR LESSONS TUESDAYS 11-1 PM
- \* GET CRAFTY TUESDAYS 2-4 PM
- \* WALKING GROUP THURSDAYS 11 AM
- \* MUSIC PRODUCTION WEDNESDAYS 11-12.30 PM
- \* WHICH WAY NOW WEDNESDAY 2-4 PM
- \* WONDER WOMEN THURSDAYS 1.30-3 PM
- \* YOGA THURSDAYS 4-5 PM
- \* MENS GROUP WEDNESDAYS 11 AM TO 12 PM
- \* MONDAY PEER CHECK-IN MONDAYS 10.30-12.30 PM
- \* FOCUS ON YOUR RECOVERY WEDNESDAYS 2-4 PM
- \* WHICH WAY NEXT WEDNESDAYS 2-4 PM
- \* GOOD RESPONSES TUESDAYS 10.30-12.30 PM
- \* WHAT'S YOUR BODY WEDNESDAYS 11.00-1.00 PM

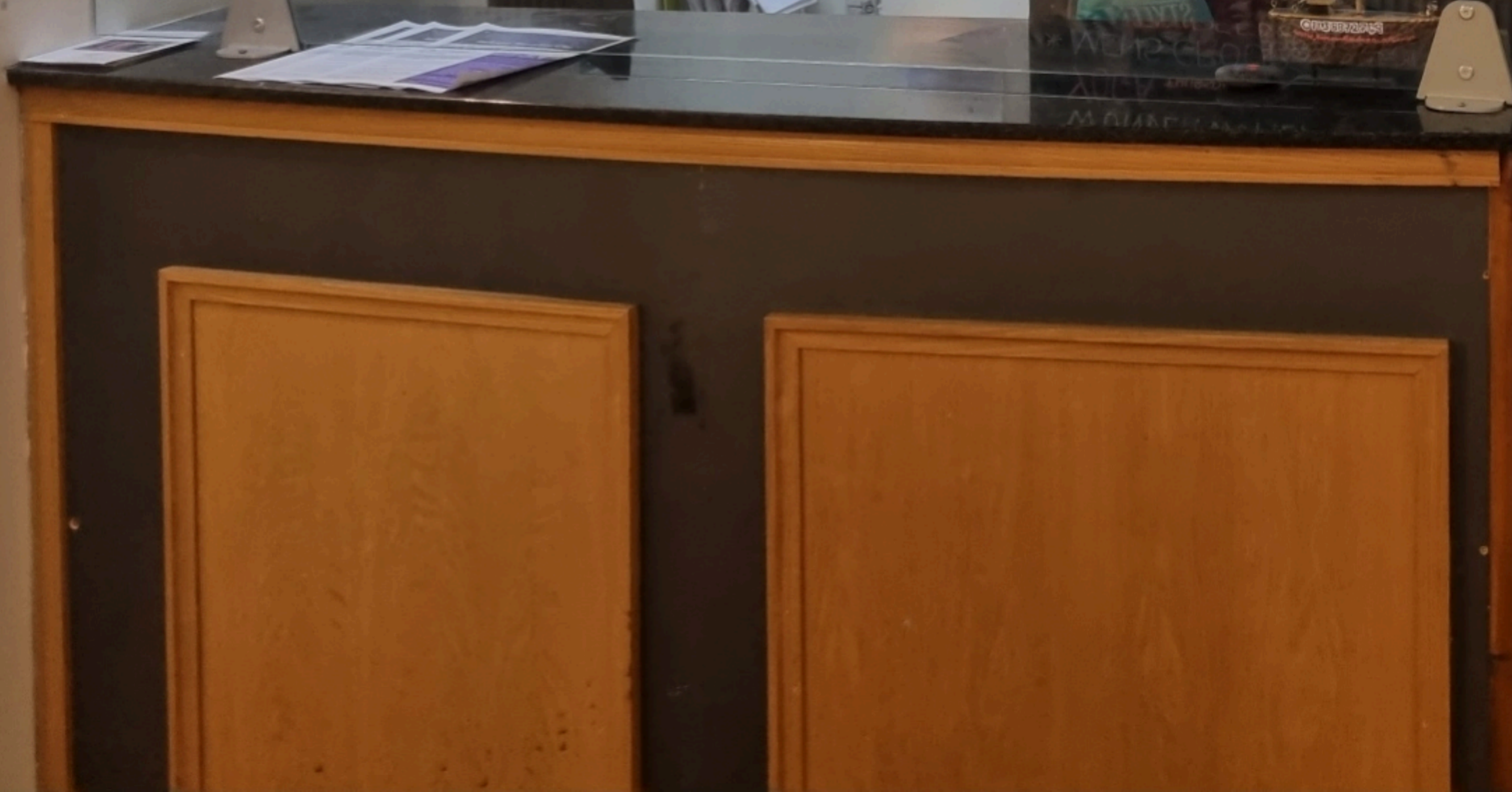
REGISTER HERE



THE WARDENS

FIRST AIDERS

Health and Safety Law











Basement  
House

TBRP

TBRP

TBRP

TBRP

TBRP

Come in  
we're  
OPEN

The  
Basement  
Emergency  
Project



# 5WAYS

Monday      Wednesday

THURSDAY

Friday

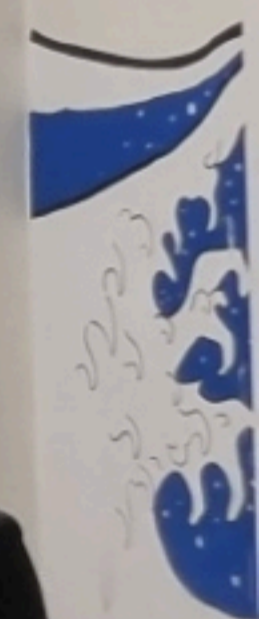
RECOVERY GAMES

RECOVERY PARK RUN

Survey for people that use our services



ROOM 3









**5 WAYS**  
to wellbeing  
@THE RECOVERY ACADEMY



43











Basement  
House

HOLD RICH

DEATH ROLL  
CROOKS



