



IT'S FREE

# MAD FRIDAY'S

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**FOR PEOPLE AGED 12-24**


STRATHFIELD COMMUNITY CENTRE  
BATES STREET HOMEBUSH 2140

10 SESSIONS HELD **LAST FRIDAY OF EACH MONTH**  
BETWEEN **FEBRUARY AND NOVEMBER 2016**  
**2:30 — 5:30PM**

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For more information contact Auburn Youth Centre 9646 2122 or  
Strathfield Council 9748 9909



Variety of activities each month including sport and recreation, healthy lifestyle, fitness, life skills and wellbeing. Pick and choose what sessions you attend.

**SESSION 1**

26 FEBRUARY

INTRODUCTORY DROP IN SESSION

**SESSION 2**

1 APRIL

DROP IN SESSION BASED AROUND SPORT AND RECREATION GAMES

**SESSION 3**

29 APRIL

WELLBEING WORKSHOP

**SESSION 4**

27 MAY

FITNESS PROGRAM

**SESSION 5**

24 JUNE

COOKING WORKSHOP

**SESSION 6**

29 JULY

ANTI-VIOLENCE WORKSHOP

**SESSION 7**

26 AUGUST

FITNESS BASED ACTIVITY

**SESSION 8**

30 SEPTEMBER

PARTY SAFE WORKSHOP

**SESSION 9**

28 OCTOBER

WORKING PARTY TO ORGANISE END OF TERM DANCE PARTY

**SESSION 10**

25 NOVEMBER

END OF TERM DANCE PARTY