

# HEAD START SESSIONS

EVERY THURSDAY AT 4PM



**Free Life Skill Sessions for 16-25 year olds**  
No sign up required - attend on the day

5 May

**Coffee solutions – Barista introduction**

19 May

**Nudge – Training and employment**

2 June

**Belmont oasis – Fitness session**

16 June

**Meal budgeting and cooking session**



**THE BASE @ BELMONT**

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