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selectability **INGHAM CLUBHOUSE**

selectability
mental wellbeing and suicide prevention



...a place for you

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ABOUT CLUBHOUSE

selectability's Clubhouse offers a supportive and safe space where you can join in a range of activities such as cooking, arts and crafts, health, fitness and mindfulness to build your confidence, make friends and learn new skills.

MONDAY - FRIDAY

- ✓ breakfast club - 6.30am - 8am
- ✓ for adults - 9.30am to 2pm
- ✓ for youth - 3pm to 5pm

If you need transport give us a call.

Have a chat with our team about packages!



REGISTER

SELECTABILITY.COM.AU | 90 LANNERCOST ST | 07 4781 2690

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