In 2019, "Kewn Kreestha" will be offering the following programs. Information re: some programs will be sent closer to the date.

TED Talks 10am-12md. Cost: \$10

TED Talks are influential videos from expert speakers on a variety of topics, such as education, business, science, spirituality, psychology and creativity. - Topics of relevance to Guests will be chosen.

The Dates for these are:

March 13th June 12th
July 26th Sept. 4th
Sept. 24th Nov. 19th

Information re: the topic will be sent to you via email, approx.. 4 weeks before the date.

MORNING CUPPA- Pop in for a cuppa

on any of the following mornings, 10-11am

March 20th April 24th

May 13th - 'Mother's Day' - Meeting Room.

Oct. 14th

Dec. 16th - 'End of Year' - Meeting Room {A reminder will be sent via email}

PASTORAL CARE CHATS/SPIRITUAL DIRECTION.

Cost: \$20. <u>Bookings essential.</u>

March 20th April 24th

May 13th July 26th Further dates advised later...

FILMS: Information re: film will be sent via email.

March 18th August 26th

70 + Week. **June** 3rd – **7th**

Prayer Days::

These are offered through the year.
Information re: topics and venue are sent via email.
If not on the mailing list and you would like to receive information, email KK and advise.

Focus Weeks: To attend a Focus week Guest must have participated in a Regular Program week.

Information re: dates and topic will be sent via email

Flexi Short Stay: Residential or Come for the day Guests may stay 1 or more nights.

Sessions provided, attendance optional.

12th-15th March. 11th-14th June. 12th-14th August Admission: 9.30-10am. Discharge: 10am

Other "Day Programs" may be offered during the year. When information is available, it will be sent via email.

A minimum of 6 participants required for Day Programs

"Kewn Kreestha" (K.K.) is the Family Care Sisters' holistic centre and offers a safe and supportive environment. Our program includes: mentoring, holistic care, time for rest and relaxation and time for personal reflection.

K.K. is not a crisis centre, a hospital or a Mental Health facility

Residential Programs:

Cost of stay: \$40 per day. GST inclusive.

A Deposit of \$30 is required **prior** to any booking being confirmed. If no Deposit received, booking may be cancelled.

Direct deposit is preferred method for payment.

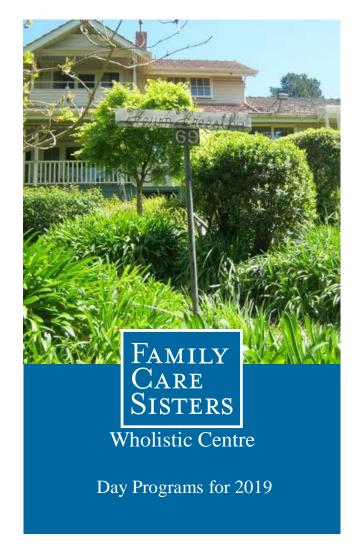
Banking Details:

Bank: Commonwealth Bank
Name: Family Care Sisters

BSB: 06 3124 Ac No. 1077 9929

Under description: write your name & surname. Advise via email when deposit is made.

E: resthome.familycare@bigpond.com





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