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Regular Events

Alamesra Youth-PREP Centre Provides a place for youths to seek professional assistance and support on issues such as education, relationships, work, family, financial stability. Also provides Sabahan youths with a "point of reference" particularly for those who are deciding to leave home for the first time and to provide contact points for youths intending to work in West Malaysia & Singapore. Venue: Ground Floor, Lot 25, Block E, Lorong Plaza Utama 1, Alamesra, Jalan Sulaman. Opening Hours: Weekdays 9am to 5pm, Saturdays 9am to 4pm. Sunday & Public Holidays (closed). Tel: 485371 or fax: 485373. Email: youthprepcentre@gmail.com

Hospital Visitors Board Of Queen Elizabeth Hospital our role is to help the public who seek medical services at QEH to have a satisfying experience – if you have problems with the hospital services, please approach us. call: 517555. fax: 234297 or email: ckmalph@gmail.com.

Breast Cancer Support Group – reach to recovery (RTR), Sabah Family Planning Association listening and offering emotional support to newly and existing diagnosed breast cancer patients and their families. Details: Bhabra 019-8819603, 224408, Kim 016-8155212 / 430341 or Lucilla 019-8101826 / 210570.

The Kota Kinabalu AIDS Support Services Association (KASIH) help line & free voluntary HIV screening tests, except sun & public holidays. office hours. time: 9am to 5pm. Fri: 6pm to 9pm. sat: 4pm to 7pm. provide confidential / free voluntary HIV screening test (rapid test) during office hours. Mon to Fri. result available 10 to 15 minutes. Details: 712914 or email: kasihsabah@yahoo.com

National Stroke Association of Malaysia Sabah Club Wisma Pandu Puteri, Kompleks Badan-Badan Sukarela, km 4, Jalan Tuaran, KK. Centre's opening Hours: 9am to 5pm. Mon to Fri, closed on Sat, Sun & Public holidays. Details: 261568.

Federation of Private Medical Practitioners Association of Malaysia (FPMPAM) the public can obtain medical opinions, referrals or treatment for crisis intervention, detoxification, prevention & counselling for drug abuse via www.no2drugs.org.

Sabah Health Department (KPAS Unit) Health talk and employment safety (2nd & 4th Friday of the month). free admission. all are welcome. details: Harman 217408, 871877. fax: 217740 or email: kbrusell@gmail.com

Special Olympics Sabah weekly jogging exercise (so west coast). details: 016-8807703 or 223221.

Kota Kinabalu Falun Gong exercise sessions every saturday & sunday. free of charge. all are welcome, details: kota kinabalu 013-870-6558 sandakan 089-229626, 089-229023 and tawau 019-8536333.

The Cancer Society Of Sabah provide services on hospice, cancer awareness / education, rural health project. hotline / counselling pertaining to cancer & clinic by a lady consultant gynaecologist. details: 210377 or 222315.

The Befrienders Kota Kinabalu listening to problems from the public and offering emotional support. open on weekdays from 7pm 10pm. call: 255788 or 259788.

Sabah Society For The Deaf registration for pre-school deaf children ages 2 – 6 & hearing sibling ages 2 – 4. language development & vocational programme for deaf children & adults ages 8 and above. venue: ssd premise, jalan khidmat, bukit padang, kk. details: kk – wong 230894, sandakan – wong 089-219160, keningau – mahinah 087-339716, kudat – chin 622697, lahad datu – asmah 089-887895.

People for the Ethical Treatment of Animal (PETA) details: anneleefm@yahoo.com, anneleefm@gmail.com or call: 253485 or visit www.peta.org, www.spcal.org and cat training toilet program: www.kittygoespotty.com. cats protectors: www.cats.org.uk and dog doctor : www.animalasia.org, www.wspca.org.uk and the stray cat care and protection trap, neuter, return : www.straycatalliance.org

Sabah Society for the Deaf registration for sign language class. details: kk – wong 230894, sandakan – wong 089-219160, keningau – mahinah 087- 339716, kudat – chin 622697, lahad datu – asmah 089-887895.

Sabah Women Action Resource Group (SAWO) helpline to provide free & confidential counselling services & information to members of public. call: 280200 Mon to Fri. time: 9am to 1pm.

D-Dash Compact Car Club welcomes all Perodua and compact car owners to join in the club membership. for more info on club weekly gathering and events contact martin 019-8036019 or d-dashclub.fotopages.com.

Malaysian Trade Union Congress (MTUC) Sabah Division provides free consultation & advice to all workers. Details: Simon 013-8665897, Harold 019-8965304, Catherine 013-8503039, Malsu 019-8002118 or Chang 016-5836670.

Sabah Government Pensioners' Association Membership recruitment exercise & pensioners' problem 9.30am to 1.30pm (Tues- Fri, except public holidays) blood pressure checking 10am to 12pm (Tues except public holidays) at Maksak, Likas. Details: (KK) Anna 211282, Dennis 016-8189110, Dr. Epin 019-8101937, Joe 013-8692888.

Agriculture Institute of Sabah Alumni Association Membership drive. Information to obtain membership forms from various district near you, contact Maidah 019-8414088 or Leong 019-8515893 or email exipstm@yahoo.com.my.

Sabah Society for the Deaf Education Centre Registration for pre-school deaf children ages 2 - 6 & hearing siblings ages 2 - 4. language development & vocational programme for deaf children & adults ages 8 and above. venue: SSD premises, Jln UKM Lama Bukit Padang. Details: KK (Hq) Chin 230894, Sandakan wong 089-219160, Keningau mahinah 087-339716.

Kent Teachers College Alumni Association Membership drive. membership forms are available at all district education offices in Sabah. Details: Tajuddin 787581, 019-537-1178 or Eddy 016-8223757.

Kota Kinabalu City Bird Sanctuary Resources Library is free for public to use. details: 246955 or fax: 247955.

Kiwanis Down Syndrome Foundation KK Centre Open to all, accept children with downs syndrome below the age of 7. Details: Raneh 219809, fax: 219808.

Consultancy Services & Training Centre For Consumerism, Environmental & Human Rights Seminar / talks consumer issues-your rights as consumer, how to complain and get effective results, know about consumer laws, tribunal for consumer claims, environmental, human rights & civil society. except Saturday, Sunday and Public Holiday. Tel/fax: 234616 Datuk Patrick Sindu (JP) 019-811-7369 or ps1@tm.net.my

United Pasokmomogun Kadazandusun Murut Organisation (UPKO) Offer opportunities to the public to voice their complaints on various issues and offer advice to the complainants on how to go about their grouses. Monday to Friday. call: 721722 & 721723 or homepage:www.upko.org.my

Queen Elizabeth Hospital Welfare & Cultural Association Nursery and Day-care centre open for registration for members & non-members. Details: Lucia at Tel: 210194 (after office hours).

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Alcoholics Anonymous Meeting. help available for those with alcohol related problems. *anonymity assured.* meetings in English every Tuesday at 8pm. Bahasa Malaysia every Thursday at 7pm. Details: 012-8039883 (eng) or 016-8386386 (bm).

Malaysian Ex-Police Association (Penampang Branch) Membership recruitment exercise and other related matters. time: 2pm to 5pm (Wednesday, Thursdays & Friday), except public holidays. Venue: PME, 1st floor, Lot 3, Block 15, Penampang Baru (Protem office). Details: Joseph 016-8213013, 710557 (o) or 714557 (fax).

Palliative Care Association of Kota Kinabalu (Sabah) Day Care Service for Palliative Home Care Patients. Details: PCAKK 231505 (Angela).

La Salle Old Boys' (Class of 83) Monthly gathering (1st Friday of every month). Venue: Al fresco café, Lintas Plaza. Time: 8pm (committee meeting at 7pm). Details: Boniface 019-8022148, Benjamin 019-8808276, James 019-8106161, Bernard 019-8608018, Barry 016-8405320, Danny 016-8469067, Bartholomew 0168301000, Christopher 013-8603013, Lai 016-8361940, Zainuddin 019-8829258.

KK Mandarin Toastmasters Club Regular Training Meeting. Time: 7.30pm. (2nd & 4th Friday of each month). Venue: Lot K, 1st floor, Khidmat arcade (above Khidmat supermarket), Lorong 5, Taman Khidmat Kolombong. Details: Randy 012-8285678 or Doreen 019-8808212.

Malaysian Red Crescent, Sabah Branch Introduction of First Aid & CPR for public. every 3rd week of the month (sat – sun). Details: 242648 or fax: 240776. email: mrcssb12@gmail.com.

Fama Pasar Tani Asia City. variety of vegetables, fishes, sugar cane juice, soya bean milk, pastries and many other food items will be on sale. every Wednesday & Saturday. Time: 6am to 5pm. all are welcome. Details: Wasri 013-5555451.

Habitat For Humanity KK we welcome volunteers to join us in our house builds on Saturdays. those with masonry & carpentry skills are most welcome. Details: 243080.

PEWASA ICT class every Saturday. Venue: head office, Beverly Hill Plaza. free-of-charge. Details: Anné 019-8118161 or Hasnah 016-8107083.

The Sandakan Lawyers free legal aid service to the public on the Saturday of every fortnight. Time: 10am to 12pm. All are welcome. Details: 215609.

Sabah Muslim Women Lawyers Association (SALWA) Syariah Legal Advice & Consultation (2nd & 4th sat) Details: 319177, 013-8706465, 013-8757790, 013-8705308.