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# Free Penang Sheet



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**Music, Magic, Film, Talks  
and Other Events**

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**ON CURFEW**

**FRIDAY  
12 JUNE  
9PM - 12AM**

**TWO DIFFERENT FLAVOURS  
TO WHET YOUR MUSICAL  
APPETITE THIS WEEKEND**

**RM50 MIN SPEND  
PER ENTRY  
PARTY & POP HITS  
ALL NIGHT LONG**

**SATURDAY  
13 JUNE 9PM - 12AM**

**ACIDIC BUNCH**

**RESERVATIONS +604 263 7299 +60 11-6325 7299**

Scan me!



Comedy - Laughs from the Oven  
Thursday 11 June, 8.30pm

A show featuring a team of international comedians, led by Penang's award-winning comedian, Garu, and special guest comedian from Finland, Harri Muikkula. Tickets from RM 40 [here](#).

Bottega, 76, Lebuh Muntri

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Talk - Monsoon

Saturday 13 June, 7pm-8.30pm

Join author Mohtashim Shaikh and illustrator Mohd Shafizi bin Abdul Ghani as they talk about their new illustrated children's book, *Monsoon* (Entrepot Publishing). Free of charge.

Hikayat, 226 Beach Street



Comedy - Mind Games. Comedy, Magic & Mentalism  
Saturday 13 June, 8.30pm

Mind Games is Harith Iskander's BRAND NEW SHOW for 2026. Join Harith Iskander, David Lai and Patrick Kun for a high-impact live experience where sharp comedy collides with impossible magic and psychological mind-play.

Tickets from RM70, [here](#).

Eastin Hotel, Queens Bay

Music - A Soulful Kind of Blue  
Saturday 13 June, 9pm-11pm

An evening celebrating the music of jazz legends Miles Davis and Roy Hargrove, with Explorations Jazz, and Aiman Ikram, one of Penang's finest trumpet players, Expect soulful melodies, fresh improvisations, and timeless jazz classics. Tickets from RM98+ includes 1 glass of wine & tapas. Phone to book: [+604-297 9000](tel:+604-2979000) | [+6011-5501 9000](tel:+6011-55019000).



The George, Penang Road



### Save the Date: POWIIS Summer Fair!

Get ready for an exciting evening of fun, food and entertainment!

Stand a chance to win fantastic prizes including: MacBook Neo, iPad 128GB (Wi-Fi), JBL Speaker, Hotel Stay & Buffet Vouchers, Shopping Gift Vouchers ...and many more exciting surprises!

Enjoy delicious food stalls, games, arts and crafts, live performances, and our annual production of Roald Dahl's Matilda The Musical JR. Bring your friends and family for a meaningful community event, to support our chosen charities.

**Saturday, 20 June 2026, 4pm-8pm**  
**POWIIS, Balik Pulau**

Variety - Umi Umi After Dark Presents  
THE MADgicians  
Saturday & Sunday 13 & 14  
June, 9.15pm

Featuring TWO magicians live on stage. The MADgicians: Mental Miracles combines close-up magic, stage illusions, and psychological mentalism in an immersive one-hour show. With a 270° LED screen and only 94 seats, every moment feels intense, theatrical, and unforgettable. Tickets from RM68, [here](#).

Umi Umi Penang, Jalan Penang



Workshops - Air-dry Clay Mirror and  
Wood Coaster Painting  
Sunday 14 June, 11am-5pm

Learn new skills and relax on  
Sundays, different workshops every  
week. Free of charge. More  
information and registration [here](#).

Three House, Hin Bus Depot, 31a  
Jalan Gurdwara

Dance - Ballroom Dance  
Sunday 14 June, 3pm-6pm

Waltz, Rhumba, Latin, Tango  
and Cha-Cha with live music and light  
refreshments. RM 48. Call  
012-922 8552 to reserve.

Lava Mansion,  
46A Jalan Sultan Ahmad Shah



**PENANG HERITAGE TRUST PRESENTS**

**NYONYA BEADED SHOES**  
INTRODUCTORY BEADING WORKSHOP

PENANG HERITAGE TRUST, 26, LEBUH GEREJA

**JUNE 17TH 2026**  
WED 9AM - 12PM

**RM 50 PER PAX (BOTH CHILDREN AND ADULT)**  
RSVP: info@pht.org.my/ +604-264 2631

Nyonya Manik Shoes, also known as Peranakan beaded slippers, date back to the twentieth century in Malaysia and were worn by both Peranakan males (Baba) and females (Nyonya). Made with Peranakan cut beads (Manik Potong), these shoes feature intricate patterns and colors that tell stories of a bygone era, connecting wearers with their Peranakan heritage.

May Lim Selw Seng, who will be conducting the workshop, is the first and only Nyonya shoe beader in Penang, if not Malaysia. Her maternal family has a long Chinese Peranakan lineage, and she learned the art of Nyonya beadwork at the tender age of six from her grand-aunties. Today, Ms. Lim possesses over 20 original Manik shoe designs that has her signature trademark "M" on it.

Workshop - Nyonya Beaded Shoes  
Wednesday 17 June, 9am-12pm

Learn basic Nyonya beading  
techniques with artisan Ms. May Lim.  
RM 50, register [here](#).

Penang Heritage Trust,  
26 Lebuhr Gereja

## English Story Camp

July and August

A half-day holiday camp of stories, songs, crafts and play, for children aged 4-6. Through beloved picture

books, phonics and hands-on activities, children develop early literacy, communication, confidence and independence in a calm and nurturing small-group environment.

Suitable for all young children, especially those about to start school or beginning their journey towards reading and writing. Children may join for one or more weeks.

[WhatsApp](#) for info and to register.

Island 88, Tanjung Tokong

**ENGLISH STORY CAMP** English Story Camp

For children aged 4 - 6

A joyful half-day English programme where children learn through stories, phonics, songs, movement, crafts, play, and hands-on activities.

Using beloved storybooks such as *Dear Zoo* and *The Very Hungry Caterpillar*, and many others, children build confidence with English, early literacy, communication, and social skills in a calm and nurturing small-group environment.

Children may join one or all four weeks!

Week 1	13 July - 17 July
Week 2	20 July - 24 July
Week 3	27 July - 31 July
Week 4	3 August - 7 August

Morning 8:00 AM - 12:00 PM OR Afternoon 1:00 PM - 5:00 PM

**20-hours of English** Only **RM750** for 5 days (RM37.50 per hour)

Holiday Camp Location  
Island 88 - 4th floor  
118, Tanjung Tokong Rd,  
Seri Tanjung Pinang,  
10470 George Town,  
Penang.

Scan to WhatsApp Us!

+60 16-272 7424  
WeChat ID: PgEngAcademy

**PENANG ENGLISH ACADEMY** www.penangenglishacademy.com

2026 LE CINÉ CLUB FILM NIGHT

FREE ENTRY FOR AFPG MEMBERS  
RM10 FOR NON MEMBERS

7:30PM | WEDNESDAY 17 JUNE

**MARMAILLE** trailer

COEX @KILANG BESI  
123, JALAN TIMAH, 10300 GEORGE TOWN, PENANG, MALAYSIA.

af Alliance Française Penang COEX INSTITUT FRANÇAIS

Film - Le Ciné Club - Marmaille

Wednesday 17 June, 7.30pm

A moving coming-of-age drama about resilience, family and hope, following a teenager whose passion for breakdance helps him rebuild his life after a difficult family situation. Free entry for Alliance Française members. RM10 non members. More info [here](#).

COEX, 123 Jalan Timah

Theatre - The Hound of Balik Pulau  
Thursday & Friday 18 & 19 June, 7pm

Stonyhurst International School  
presents a reimagining of the  
Sherlock Holmes classic: The Hound  
of the Baskervilles. Tickets RM 25  
available [here](#).

Stonyhurst International School,  
Tanjong Tokong



Music - Cross Town Jazz Jam  
Thursday 18 June, 7.45pm-10.30pm

Open jazz jam session, all welcome  
to play, sing, or just enjoy the music  
and the atmosphere. Free of charge,  
table reservation recommended [here](#).

Cafe Mangga @ the Blue Mansion

Market - Folia's Farmers Market  
Saturday 20 June, 8am-2pm

Penang-based farmers and artisans offer goods for sale, plus talks and taste-tests. Free of charge. More information [here](#).

Folia, 217-G Jalan Burma



**Folia's farmers market** 

June 20<sup>th</sup> 2026, 8am - 2pm

*farmers and artisans:*

Freshly Picked Mart	My dream cheese · artisanal cheese
Jenny · microfarmer	Arjin · organic tempeh and soy sauce
Trigona Honey Farm	Shao · jewelry
Shàn Farm	Allithing · jewelry
(vegetable subscription box)	Uncang Tea · artisanal teas
	Fumuwo · fungus beverage
	Rudy's Ginger Beer

*what's on:*

**9am** - A look inside Folia's test kitchen: Overnight Oats with milk kefir (Hui Chili, co-founder of Folia)

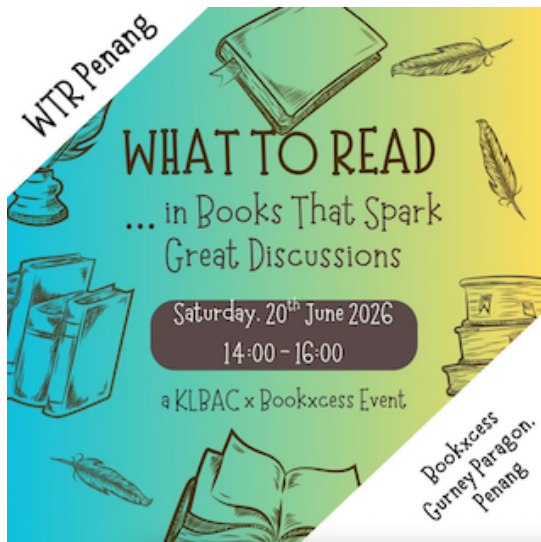
**10am** - What's the difference? Benefits of Trigona bee honey (Cyndi Yip, co-founder of Trigona Honey Farm)

**11am** - Live cheese making demonstration (Lorenzo, My dream cheese)

**12pm** - Get to know: Young chem-pesticide free farmer in Penang (Vincent Ong, co-founder of Shàn Farm \*)

\* Shàn Farm will be giving away 30 packs of their chemical-pesticide-free vegetables to participants attending their sharing session on a first-come-first-served basis

**BYOB (bring your own bag)**



WTR Penang

**WHAT TO READ**  
... in Books That Spark Great Discussions

Saturday, 20<sup>th</sup> June 2026  
14:00 - 16:00

a KLBAC x Bookxcess Event

Bookxcess  
Gurney Paragon,  
Penang

Books - What to Read Group  
Saturday 20 June, 2pm-4pm

A casual, friendly, monthly get-together for everyone to come and share recommendations on books within the month's theme. This month: Books that Spark Great Conversations. Free of charge.

Bookxcess, Gurney Paragon

Yoga - International Day of Yoga  
Sunday 21 June, 6.15pm-7.30pm

Yoga for Wellness, Wisdom and  
World Peace: Wellness and wisdom  
talk, and collective meditation.

Free to attend but RSVP essential at  
[013-4301229](tel:013-4301229). More info [here](#).

Brahma Kumaris, 674-H Jalan Kebun  
Bunga (near Botanic Gardens)

BRAHMA KUMARIS  
II OM SHANTI II

IN CELEBRATION OF  
**INTERNATIONAL  
DAY OF YOGA** 2026

*Yoga for  
Wellness, Wisdom  
and World Peace*

TOGETHER ALSO  
**WORLD PEACE HOUR**

ALL WELCOME  
- FREE -

SPECIAL APPRECIATION  
to all Hatha Yoga Teachers  
for their contribution  
towards well being  
for the community.

WELLNESS AND  
WISDOM TALK

COLLECTIVE MEDITATION  
to send Good Wishes and Blessings  
for our World, all living beings,  
nature and elements.

SUNDAY 21 JUNE 2026  
6.15 pm to 7.30 pm

Venue:  
674-H, Jalan Kebun Bunga (nearby Botanical Gardens)  
10350, Penang

RSVP ESSENTIAL  
whatsapp Helen @  
013-4301229

BRAHMA KUMARIS FOUNDATION  
<https://brahmakumaris.my>

Part of the "Tracing Silence" Research Exhibition | 20.06 - 20.07 2026 | NGO

SAVE RENKOKU (2018)  
International Campaign

沖繩の真実を無視し、機動隊や海上保安庁の暴力ですらむ返討を新基地建設 埋め立て土砂投入が目前に迫る

Asako Kageyama  
Documentary Filmmaker

A talk about documenting post-war Okinawa and the power of film as a tool for social change.

Documenting the Silenced:  
20 Years of Okinawan Filmmaking

静められた声を記録する：  
沖縄ドキュメンタリー映画制作の20年

COEX @ Kilang Besi, Penang  
22 June 2026 (Monday)  
7:30 - 9:30pm

Sharing Session will be conducted in English

Free admission with pre-registration

Talk - Documenting the Silenced: 20  
Years of Okinawan Filmmaking  
Monday 22 June, 7.30pm-9.30pm

Asako Kageyama discusses her two-  
decade journey documenting the  
overlooked realities of post-war  
Okinawa, and exploring how lenses  
can serve as a powerful tool to  
unearth historical trauma and spark  
social dialogue. Free of charge,  
register [here](#).

Coex, 123 Jalan Timah

Film - Kacchan: Postwar Okinawa  
Tuesday 23 June, 8pm

A documentary following a fisherman from Kunigami in northern Okinawa. for over 20 years, creating a living archive of the Okinawan people's post-war history. RM 25, more details and tickets [here](#).

Hin Bus Depot, 31a Jalan Gurdwara



Theatre - Under One Roof  
Friday & Saturday 26-27 June 8pm,  
Sunday 28 June, 3pm

An emotionally charged drama about family, loyalty, pride and generational conflict in a modern Malaysian Indian household. In English with some Tamil dialogue. Tickets from RM 45 and more information [here](#).

Auditorium A, Komtar

Parade - Penang Yosakoi Parade  
Saturday 27 June, Sunday 28 June,  
5pm

A Japan-inspired event and the only parade + dance competition in Malaysia. Includes Japanese volcaloid concert, J-pop concert, food fair and fireworks.

Free to attend. More info [here](#).

Esplanade



**PENANG Yosakoi 2026**  
27 & 28 JUNE | ESPLANADE PENANG

**DAY 1: 27<sup>th</sup> June (Sat)**

- 5:00 PM MIZUKAKE MIKOSHI & CHARITY FOOD FAIR  
A yummy and watery start to this year's exciting programme!
- PARADE & STAGE DANCE START @ ESPLANADE
- HATSUNE MIKU MMD CONCERT @ TOWN HALL
- 8:00 PM OFFICIAL LAUNCH  
Festival Inspirasi Jepun 2026 and Blue Santa at Main stage
- GLANZ INTERNATIONAL  
Debut Performance Japanese x Malaysia Yosakoi Team
- FIREWORKS DISPLAY PART 1  
Just a Teaser for the main
- 9:00 PM RESUME DANCE PARADE & MAIN STAGE  
Engage guests with a fun activity
- 10:30 PM YOSAKOI AWARD CEREMONY  
National winners of yosakoi to be crowned
- 11:00 PM FINALE PERFORMANCE  
Yozakura with all the participants and guest!
- FIREWORK DISPLAY MAIN STAGE  
Look up to the sky in awe for the finale!

Brought to you by: PETAC, BrewSpark, noizu, Coscon

Supported by: JAPAN MALAYSIA FOUNDATION, PENANG PHILHARMONIC ORCHESTRA

Gold Sponsor: TEXCHEM

Official Imaging Partner: Canon

Official Hotels: The Esplanade

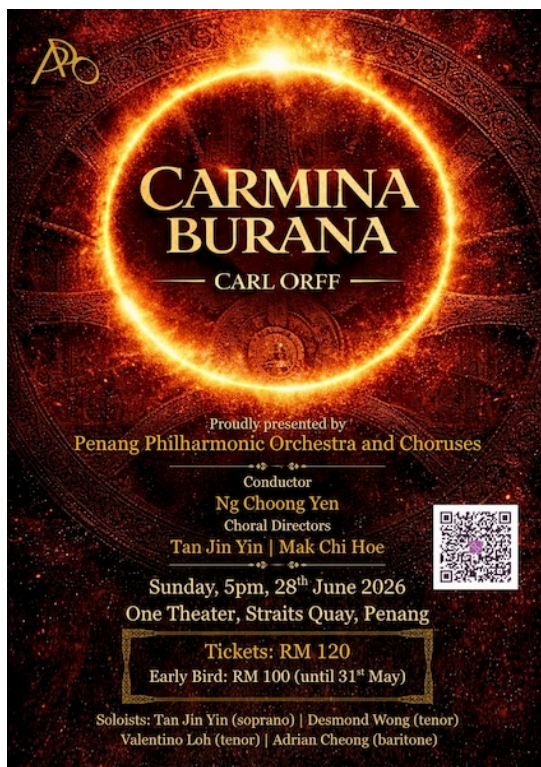
Stamp Rally

Blue Santa

Music - Carmina Burana  
Sunday 28 June, 5pm

Penang Philharmonic Orchestra and Choruses are presenting one of the most electrifying works ever composed: Carmina Burana by Carl Orff. With massive orchestral and choral forces, driving rhythms, and raw emotional intensity, this is more than a concert. It is a culmination of a journey years in the making.  
Tickets RM120 [here](#).

One Theatre, Straits Quay



**CARMINA BURANA**  
— CARL ORFF —

Proudly presented by  
**Penang Philharmonic Orchestra and Choruses**

Conductor  
**Ng Choong Yen**  
Choral Directors  
**Tan Jin Yin | Mak Chi Hoe**

Sunday, 5pm, 28<sup>th</sup> June 2026  
One Theater, Straits Quay, Penang

Tickets: RM 120  
Early Bird: RM 100 (until 31<sup>st</sup> May)

Soloists: Tan Jin Yin (soprano) | Desmond Wong (tenor)  
Valentino Loh (tenor) | Adrian Cheong (baritone)

Film - German Movie Night - Barbara  
Tuesday 30 June, 7pm

A taut, slow-burning psychological thriller set in 1980 East Germany. It follows a skilled doctor exiled to a provincial hospital after requesting an exit visa. Masterfully explores totalitarian paranoia and ethical compromises. To RSVP phone [04-2296853](tel:04-2296853). More info [here](#).



Malaysian German Society, Air Itam



Music - New York Piano Lounge with  
Jacob Khalil  
Earlybird until Tuesday 30 June  
Concert Sunday July 26 5pm

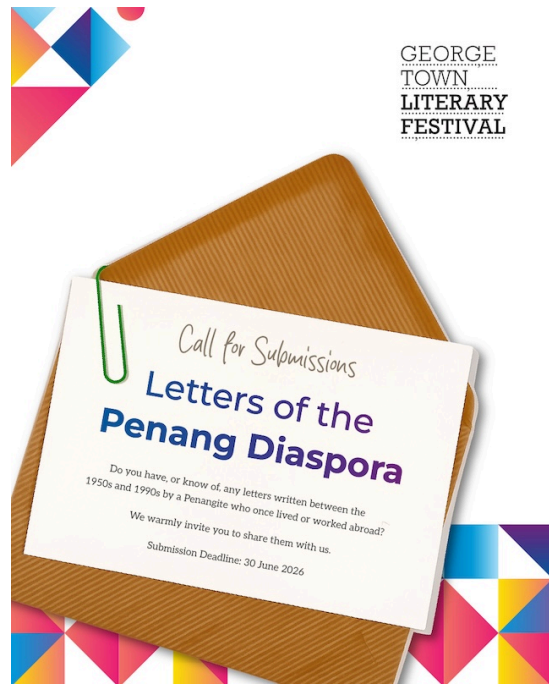
Following a thoroughly successful concert at the Blue Mansion last October, Jacob Khalil is back in Penang. An intimate evening with New York's own singer, pianist and songwriter, with timeless jazz classics and reimagined modern tunes, with Jacob on the keys and his honeyed vocals to accompany. Tickets RM 100 (RM 80 earlybird) [here](#).

Courtyard, Cheong Fatt Tze

# Letters of the Penang Diaspora - George Town Literary Festival 2026

Submissions Deadline 30 June

Do you have, or know of, letters written by a Penangite who once lived or worked abroad? We are looking for handwritten or typewritten letters and greeting cards from the 1950s to 1990s - any language, any country. Selected letters will be read aloud at the Opening Ceremony of the GTLF 2026. To submit, [email](#) and see full details [here](#).



## Festival - Kongs Cerita: Street Festival

Saturday July 4, 5pm-10pm

Explore over 40 workshops, performances, story telling, food and cultural activities.

Various locations within the George Town UNESCO World Heritage Site

Comedy - Single Fatherhood  
Saturday July 4, 8.30pm

Rizal Van Geysel is now a single father looking after three kids on his own. This comedian, once jailed for telling jokes about being Muslim in Malaysia, faces his toughest gig yet: Single Fatherhood. RM 98 tickets [here](#).

ibox Theatre, 8-2-8, Sunny Point Complex, Jalan Batu Uban, Gelugor



Festival - Kongsi Cerita: Historic Building Open House  
Sunday July 5 - Tuesday July 7, 9am-5pm or 7pm-9pm (site dependent)

Twelve of George Town's historic buildings open their doors to the public, including temples, clan associations, churches, mosques, and heritage institutions. Free of charge.

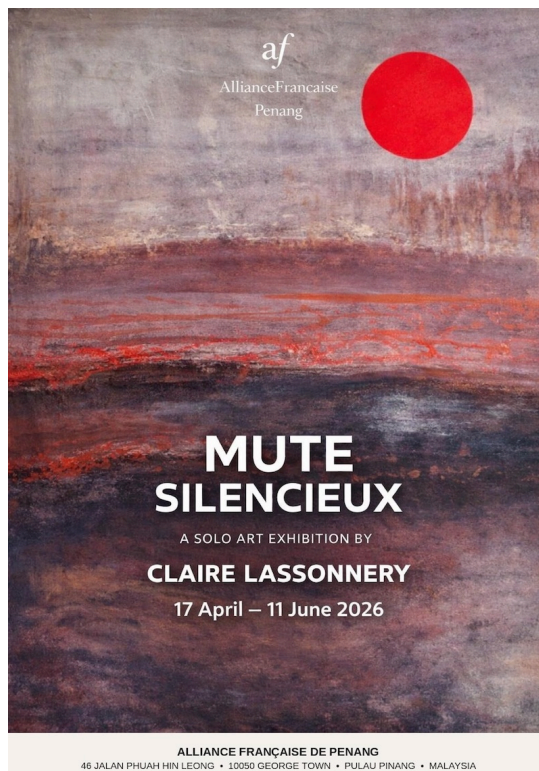
Various locations within the George Town UNESCO World Heritage Site

## EXHIBITIONS

MUTE  
Until 11 June

A solo exhibition by French contemporary artist Claire Lassonery. Through a series of abstract works MUTE explores silence not a absence, but as a space of presence, where forms, textures, and light speak in their own quiet language.

10am–6pm, Tuesday to Friday. 9am–4pm Saturday  
Alliance Française, Jl Phuah Hin Leong



Post Digital Colours Anthology  
Until 15 June

Core Design Gallery in collaboration with ChinaHouse presents a new exhibition.

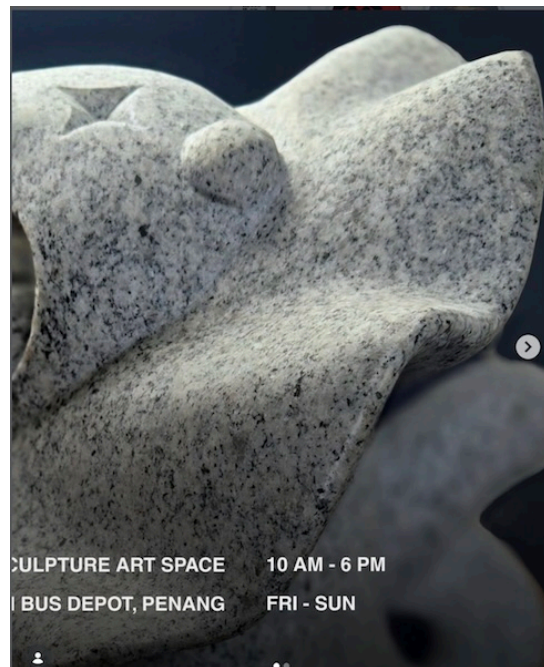
ChinaHouse, 153 Beach Street

11am-7pm daily

Don't Hold Your Breath  
Until 28 June

Solo Sculpture Exhibition by Ferdi B Dick. Through a playful yet thoughtful collection of sculptures, Ferdi B Dick presents a cast of animated characters caught somewhere between myth and mischief.

O Sculpture Studio, Jalan Gurdwara  
10am-6pm Friday to Sunday



The Silent Pulse  
Until 30 June

“The Silent Pulse – Free the Rhythm Beneath the Silence”, a group art exhibition where diverse artistic voices come together to reveal the quiet rhythms beneath stillness.

Through different styles, mediums, and perspectives, each artist uncovers a unique pulse of creativity.

Ascott Gurney Hotel

Equatorial Art - Nanyang Breeze  
Until 7 July

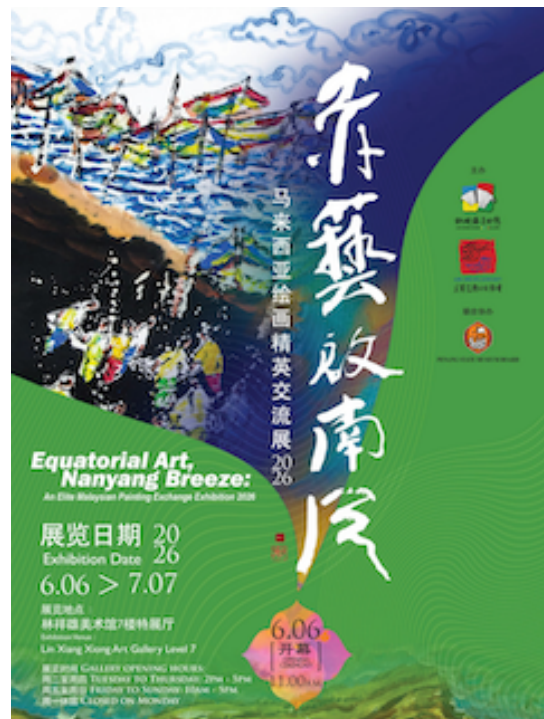
A showcase of 80 artworks by artists  
from across Malaysia.

Tuesday–Thursday: 2:pm–5pm.

Friday–Sunday: 10am–5pm

Closed on Mondays

Lin Xiang Xiong Gallery,  
9 Persiaran Pantai Sinaran, Gelugor



I'm a Mum?  
Until 17 July

A solo exhibition by Red Hong Yi,  
examining motherhood through the  
lens of her recent lived experience.  
She rejects the sanitised image of  
motherhood, exposing its physical,  
emotional, and invisible labour.

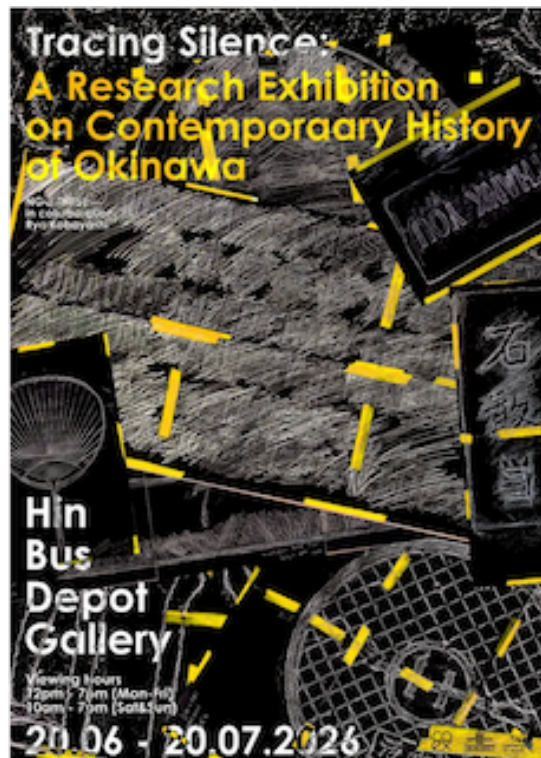
Friday to Sunday 12pm–7pm.

Cultprint, 35 Lebuh Melayu

Tracing Silence: A Research Exhibition  
on Contemporary History of Okinawa  
20 June - 20 July

12pm-7pm Monday-Friday  
10am-7pm Saturday & Sunday

Hin Bus Depot, 31a Jalan Gurdwara



# Involuntary Writing

06.06 –  
02.08.2026

Solo Exhibition by  
Tao G. Vrhovec Sambolec



Thursday - Monday, 12pm-7pm  
85, Lorong Soo Hong, 10200 George Town, Penang, Malaysia  
Website: [blankcanvas.my](http://blankcanvas.my) | WhatsApp: +6016246 6814

BLANK  
CANVAS

Involuntary Writing  
Until 2 August

This project by Tao G. Vrhovec Sambolec highlights unintentional ink stains that occur while writing by hand. The artist turns attention to these unintended marks, treating them as visual forms in their own right.

12pm-7pm Thursday to Monday  
Blank Canvas, 85 Lorong Soo Hong

Penang Art Open  
15 June-30 September

Information [here](#).

Penang State Museum, 57 Jalan  
Macalisterer

9am-5pm daily, except Friday



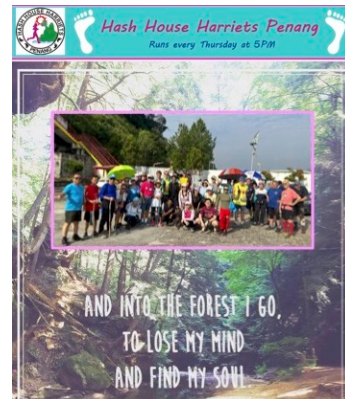
## EVERY WEEK IN PENANG



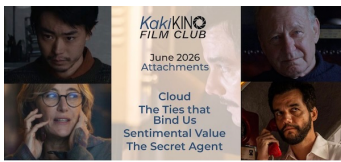
Hin Market takes place every Friday 12pm-7pm, and Saturday and Sunday 11am to 5pm. Arts, crafts, souvenirs and food for sale in a relaxed open-air environment. Hin Bus Depot, Jalan Gurdwara.



Bi-weekly afternoon of board games at the Alliance Française, Jalan Phuah Hin Leong. 1.20pm-4.30pm, free of charge. Age 10+

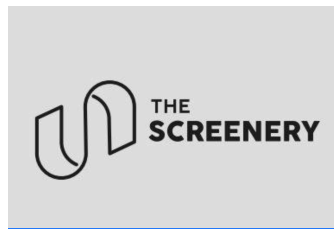


Hash House Harriets, every Thursday 5pm. Run or hike weekly with like-minded thrill-seekers and nature-lovers. Join the whatsapp group [here](#).

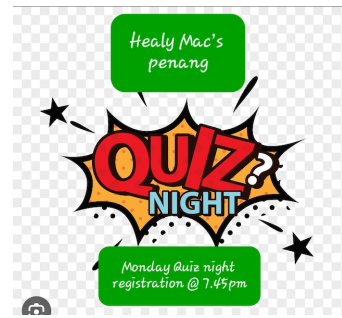


Kaki Kino film club in June is showing award-nominated films with the theme "Attachments".

Hikayat, 226 Beach Street, Tuesday & Wednesday 6.00pm, Thursday at 6.30pm. Screening and refreshments RM 15. [Email](#) to book a seat.

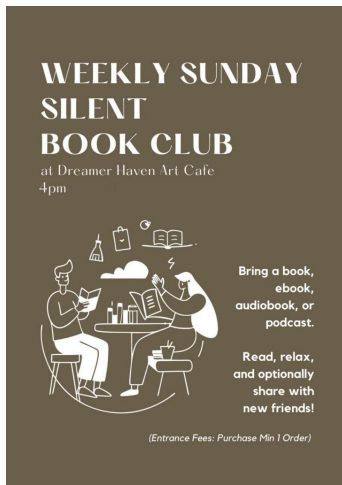


Film club based in Midlands Mall, Lot G-41, Pulau Tikus, 7pm, showing classics, indie and art films for educational purposes. June's themes are "Dancing" & "Todd Haynes". Join the [FB group](#) for more information.

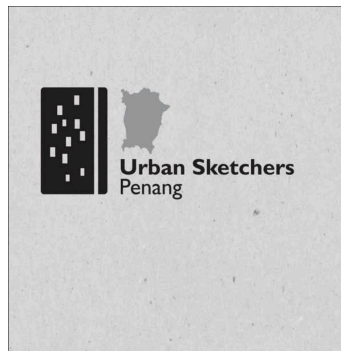


Quiz Night. Every Monday at 8pm. Free to enter. 8 Booze prizes up for grabs. Guest quiz master each week and definitely NOT a British quiz.

Healy Mac's, Straits Quay.



Silent Book Club every Sunday at 4pm. Bring your own reading material then chat with your fellow readers. More info on [Facebook](#). Dreamer Haven Art Cafe, 251, Lebuhr Kimberley.



The Urban Sketchers Penang is a group of sketchers and water colour painters who meet at different outdoor locations around Penang on Sunday mornings to draw and paint on location. More information [here](#).



Rhythm and groove dance class with disco influence. Beginner-friendly. Every Monday 5.30pm-7pm. Vantage, [WhatsApp](#) +64 27 260 4711 to join.



Live music every Wednesday, Thursday, Friday and Saturday from 7pm under the mango tree on the grounds of the iconic Blue Mansion.

# Ka-kī Baca Ka-kī Baca Ka-kī Baca Ka-kī Baca Ka-kī Baca Ka-kī Baca

A weekly script-reading platform that brings people together to read and freely discuss play scripts. Free of charge, Soundmaker Studio, 360 Jalan Penang.



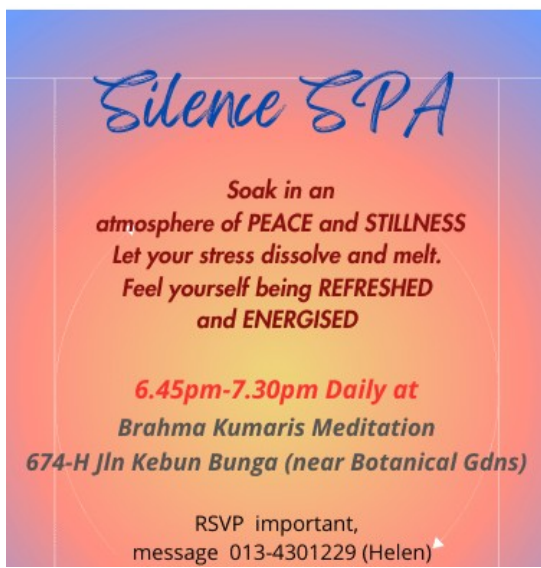
Daily live music at the Canteen, China House. 9pm until midnight.



Music or vinyl DJs Wednesday + Friday to Sunday. 9pm until midnight. Kool Kongsi Vinyl Cocktail Bar. 61 JI Argyll.



Live bands and/or DJs every night at Chulia Court, Chulia Street. Times vary, check schedule for details!



Free meditation 6.45pm daily.  
 Brahma Kumaris, 674-H Jalan Kebun Bunga. More information on the [website](#). Whatsapp 0134301229 to book.



Guided tours of Cheong Fatt Tze, the Blue Mansion. Explore the historical grandeur of Cheong Fatt Tze's Penang home, learn about life in those times, and about the enormous renovation project that took place in the 1990s. Daily 11am & 3.30pm. RM 25 per adult, RM 12.50 per child. To book click [here](#).



Penang Coffee and Chat  
 Every Monday from 10am-12pm

Meet up with old friends and make new friends, no need to register.  
 Daily Coffee Signature,  
 188 Jalan Burma, Pulau Tikus.  
 Contact Denise McNamara  
 WhatsApp +61411735011 or [email](#)



Every Friday Friends Meet Up  
 10am - 12pm

Please feel free to join for friendly chat, meet new and familiar faces and introduce new friends to this warm welcoming group. WhatsApp Siew 01136043357.

Winter Warmers, Straits Quay



Alcoholics Anonymous Penang:  
Support for anyone who wants to stop  
drinking alcohol or using drugs.  
Whatsapp 011 5123 1396 for more  
information.

Whatever is troubling you, talk to us.  
We offer free, compassionate,  
and confidential support for emotional  
distress. 3pm-12am daily, 04 2910  
100 or Whatapp 011 5670 6261 or  
[email](#).

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