

Norton Street • JULY 2024

Address: 88 Norton Street, Upper Mt Gravatt

Centre hours: Mon - Fri: 9:30am - 5pm

Phone: 3343 9282

MONDAY 1st		TUESDAY 2nd		WEDNESDAY 3rd		THURSDAY 4th		FRIDAY 5th	
9:30-5PM	DROP IN SPACE ALL DAY	10:30 - 12	Walking Group	10:30 - 1	DROP IN SPACE	11:30 - 1	DROP IN SPACE	10 - 12	DROP IN SPACE
	HELP US ORGANISE THE SPACE	12 - 5	DROP IN SPACE	1 - 4	DBT Group at capacity	2 - 3:30	Monthly Mental Meeting	2 - 4	Karaoke
MONDAY 8th		TUESDAY 9th		WEDNESDAY 10th		THURSDAY 11th		FRIDAY 12th	
10:30 - 12	Healthy Habits- Dealing with Stress	10:30 - 12	Walking Group	10:30 leave	Outing – Mt Cootha Botanical Gardens Cost: \$4	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	Art Group– Origami	2 - 3	The Talent Tool Kit– Intro week	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 4	Trivia
MONDAY 15th		TUESDAY 16th		WEDNESDAY 17th		THURSDAY 18th		FRIDAY 19th	
10:30 - 12	Healthy Habits– Managing Anger	10:30 - 12	Walking Group	10:30 leave	Outing – Fishing at Wynnum Cost: \$4	11:30 - 1	A Musical Extravaganza	10 am leave	Gardening Group Outing
2 - 3	Art Group– Terracotta Pots Pt 1	2 - 3	The Talent Toolkit– Ignition/Blueprint	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	3 onwards	CENTRE CLOSED
MONDAY 22nd		TUESDAY 23rd		WEDNESDAY 24th		THURSDAY 25th		FRIDAY 26th	
10:30 - 12	Healthy Habits– Finding a contributing role	10:30 - 12	Walking Group	10:30 leave	Outing – Movie day Cost: \$4	11:30 - 1	A Musical Extravaganza	ALL DAY	CENTRE CLOSED FOR STAFF TRAINING
2 - 3	Art Group– Paint your Terracotta Pots Pt 2	2 - 3	The Talent Toolkit– Ignition/ Blueprint	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite		
MONDAY 29th		TUESDAY 30th		WEDNESDAY 31st		THURSDAY 1st AUGUST		FRIDAY 2nd AUGUST	
10:30 - 12	Healthy Habits– Values	10:30 - 12	Walking Group	10:30 leave	Outing— Roma Street Parklands picnic Cost: \$4	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	Art Group– Cartoon Drawing	2 - 3	The Talent Toolkit– Improving Skill/ Deep Practice	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 4	Karaoke

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Healthy Habits

Explore different ways of making lifestyle changes that stick. Discuss strategies, skills, goals and limitations around changing current habits, or creating new ones.

DBT

DBT (Dialectical Behaviour Therapy) Skills Group is a 13 week course covering Mindfulness, Emotion Regulation, Interpersonal Effectiveness and Distress Tolerance. This is a closed group and sign up is essential. For more information contact saraha@brookred.org.au

Current group is full. Sign up for future rounds.

Gardening Group

We start off by learning a gardening skill and then we spend time tending to our garden, compost and worm farm. Bring closed shoes and get ready to get your hands dirty!

Once a month we'll have a Gardening Group "inspo" outing. Spots in the car are limited and priority is for folk who attend Gardening Group – sign up in the centre.

Art group

Let your creativity flow! Try out an assortment of different art mediums while chatting about life and recovery. No artistic capabilities are needed to join, just enthusiasm to create and connect.

Outing

Join the team for a fun experience exploring. Please arrive at Norton Street by 10am or meet us at the outing location (phone to let us know). **Sign up is essential**

A Musical Extravaganza

Come hang out and explore the universal language of music! This is a safe, respectful and non-judgemental place to delve into the healing power of music, through appreciation and engaging in creative, enjoyable activities. Open your mind to new types of musical stylings and artists, whilst connecting, inspiring, and uplifting your peers.

Community Meeting

Once a month, we like to discuss how the community is running. A good time to have your say about how the centre is run and if there are any changes you would like to make.

DBT-lite

A non-committal, chill version on a DBT (abridged) group that covers the major DBT skills. It's a great way to dip your toes in if you are considering committing to the more structured one, or if you want to refresh your skills. It doesn't require people to do any home practice, however it is always encouraged. Walk-ins are welcome

Karaoke

A fun sing along and Karaoke arvo for the whole community. Come join us for a fun, non-judgemental space where everyone is welcome.

Walking Group

Lets soak some sun as we bush walk through different easy trails and walkways around Brisbane.

Trivia

Join us as we challenge our brains and each other to some fun trivia questions and riddles.

The Talent Toolkit

This Group is inspired by the book "The Little Book Of Talent" by Daniel Coyle. The group will run over 5 weeks, where we will discuss and incorporate learnings from the book into our lives. The toolkit consists of 52 evidence-based tips that help build a faster brain and improve ourselves. Its sounds pretty cool.