

Norton Street • NOVEMBER 2024

Address: 88 Norton Street, Upper Mt Gravatt

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

Phone: 3343 9282

MONDAY 28th		TUESDAY 29th		WEDNESDAY 30th		THURSDAY 31st		FRIDAY 1st	
10:30 - 12	Mapping your Mind	9:45 - 12	Walking Group	10:30 leave	Outing: Beach trip to Burleigh Heads	11:30 - 1	A Musical Extravaganza (Halloween Edition)	10 - 12	Gardening Group
2 - 3	Art Group: Pumpkin Carving	1 - 3	Atomic Habits-Discussion group	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 4	Karaoke (Halloween Edition)
MONDAY 4th		TUESDAY 5th		WEDNESDAY 6th		THURSDAY 7th		FRIDAY 8th	
10:30 - 12	Mapping your Mind	9:45 - 12	Walking Group	10:30 leave	Outing: Malaya Corner, Sunnybank (BYO \$\$)	11:30 - 1	A Musical Extravaganza	10am leave	Gardening Group
2 - 3	Art Group: Dream catchers		Atomic Habits-Discussion group	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 3	Trivia
MONDAY 11th		TUESDAY 12th		WEDNESDAY 13th		THURSDAY 14th		FRIDAY 15th	
10:30 - 12	Open discussion Group	9:45 - 12	Walking Group	10:30 leave	Outing: Ipswich Nature centre	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	Art Group: T-shirt decorating	1 - 3	Atomic Habits-Discussion group	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	3 onwards	CENTRE CLOSED FOR TEAM DAY
MONDAY 18th		TUESDAY 19th		WEDNESDAY 20th		THURSDAY 21st		FRIDAY 22nd	
10:30 - 12	Open Discussion Group	9:45 - 12	Walking Group	10:30 leave	Outing: Lake Moogerah	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group Outing
2 - 3	Art Group: photo watercolour	1 - 3	Atomic Habits-Discussion group	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 3	Trivia
MONDAY 25th		TUESDAY 26th		WEDNESDAY 27th		THURSDAY 28th		FRIDAY 29th	
10:30 - 12	Open Discussion Group	9:45 - 12	Walking Group	9:30 leave	Outing: Currumbin Beach	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	Art Group: wind chimes	1 - 3	Atomic Habits-Discussion group	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 3	Trivia

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Mapping your Mind

DBT

Gardening Group

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.

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!

More information at: www.brookred.org.au/dbt

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

Outing

A Musical Extravaganza

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.

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**

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

DBT-lite

Karaoke

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.

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

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

Trivia

Tuesday Arvo Group

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

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