

Norton Street • SEPTEMBER 2024

Address: 88 Norton Street, Upper Mt Gravatt

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

Phone: 3343 9282

MONDAY 2nd		TUESDAY 3rd		WEDNESDAY 4th		THURSDAY 5th		FRIDAY 6th	
10:30 - 12	Healthy Habits	9:45 - 12	Walking Group	10:30 leave	Outing: Daisy Hill (Light hike)	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	Art Group: Pride Prep	1 - 3	The Talent Toolkit	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 4	Karaoke
MONDAY 9th		TUESDAY 10th		WEDNESDAY 11th		THURSDAY 12th		FRIDAY 13th	
10:30 - 12	Healthy Habits	9:45 - 12	Walking Group	10:30 leave	Outing: BBQ & Breathwork @ Wynumm	11:30 - 1	A Musical Extravaganza	10am leave	Gardening Group Outing
2 - 3	Art Group: Crochet	11 - 1 1 - 3	Prep for Brisbane Pride The Talent Toolkit	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite Prep for Brisbane Pride	3 onwards	CENTRE CLOSED FOR STAFF MEETING
MONDAY 16th		TUESDAY 17th		WEDNESDAY 18th		THURSDAY 19th		FRIDAY 20th	
10:30 - 12	Healthy Habits	9:45 - 12	Walking Group	10:30 leave	Outing: David's Noodle & Hotpot (BYO \$\$)	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	Art Group: Pride Prep	1 - 3	The Talent Toolkit	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2-4 PM	Pride Prep
MONDAY 23rd		TUESDAY 24th		WEDNESDAY 25th		THURSDAY 26th		FRIDAY 27th	
10:30 - 12	Healthy Habits	9:45 - 12	Walking Group	10:30 leave	Outing: Painting and Picnic @ Kangaroo Point	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	Art Group: CD scratching	1 - 3	The Talent Toolkit	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 3	Trivia
MONDAY 30th		TUESDAY 1st October		WEDNESDAY 2nd October		THURSDAY 3rd October		FRIDAY 4th October	
10:30 - 12	Healthy Habits	9:45 - 12	Walking Group	9:30 leave	Outing: Toowoomba Carnival of Flowers \$4 (bring lunch or money for food)	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	Art Group: Painting	1 - 3	The Talent Toolkit	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 3	Trivia

Norton Street • SEPTEMBER 2024

Address: 88 Norton Street, Upper Mt Gravatt

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

Phone: 3343 9282

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.

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

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 up some sun as we bush walk through different 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 Daniel Coyle's "The Little Book Of Talent". It is an opportunity to discuss and incorporate these simplistic, field tested strategies for growing your own ability. The book consists of 52 evidence-based tips that help us build a faster brain. So come join the discussion and maybe discover a deeper way of practice. Its sounds pretty cool.