

Norton Street • JANUARY 2025

Address: 88 Norton Street, Upper Mt Gravatt

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

Phone: 3343 9282

MONDAY 6 January		TUESDAY 7th		WEDNESDAY 8th		THURSDAY 9th		FRIDAY 10th	
	Drop in	9:45 - 12	Drop in		Drop in		Drop in	10 - 12	Drop in
	Drop in	2 - 3	Drop in		Drop in		Drop in	2 - 4	Karaoke
MONDAY 13th		TUESDAY 14th		WEDNESDAY 15th		THURSDAY 16th		FRIDAY 17th	
10:30 - 12	Cooking group \$5	9:45 - 12:00	Get Moving	10 - 12	Self Care	10 - 12	Gardening Group	10:00 - 4:00	Outing:
2 - 3	DBT LITE	2 - 3	Art Group	1 - 3	Journalling	2 - 3:30	Trivia		Peer Support Planning
MONDAY 20th		TUESDAY 21st		WEDNESDAY 22nd		THURSDAY 23rd		FRIDAY 24th	
10:30 - 12	Cooking group \$5	9:45 - 12:00	Get Moving	10 - 12	Self Care	10 - 12	Gardening Group	10:00 - 4:00	Outing:
2 - 3	DBT LITE	2 - 3	Art Group	1 - 3	Journalling	2 - 3:30	Community Meeting		Peer Support Planning
MONDAY 27th		TUESDAY 28th		WEDNESDAY 29th		THURSDAY 30th		FRIDAY 31st	
10:30 - 12	Cooking group \$5	9:45 - 12:00	Get Moving	10 - 12	Self Care	10 - 12	Gardening Group	10:00 - 4:00	Outing:
2 - 3	DBT LITE	2 - 3	Art Group	1 - 3	Journalling	2 - 3:30	Trivia		Peer Support Planning
MONDAY 3rd FEBUARY		TUESDAY 4th		WEDNESDAY 5th		THURSDAY 6th		FRIDAY 7th	
10:30 - 12	Cooking group \$5	9:45 - 12:00	Get Moving	10 - 12	Self Care	10 - 12	Gardening Group	10:00 - 4:00	Outing:
2 - 3	DBT LITE	2 - 3	Art Group	1 - 3	Journalling		Trvia		Peer Support Planning

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Cooking Group

Learn how to cook, or share one of your favourite recipes with the community. In this group, we will be looking at budgeting, shopping, prepping and enjoying a lunch together as a group. In order to learn, we encourage participation in all aspects.

Get Moving

Staying active can do wonders for our mental health and wellbeing. So lets explore some that may work for you ! Every week, we aim to try out different things, like swimming, gym, badminton and any other suggestions from the community. All fitness levels are welcome and participation is encouraged at your own pace.

Gardening Group

A productive and relaxing start to the day, tending to our garden, compost and worm farm. Bring closed shoes and get ready to get your hands dirty!

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**

Self Care

Conversation based group that discusses different aspects of self-care. From personal hygiene, to doing things that accumulate positive emotions for ourselves, lets explore things that could bring a bit of joy in our lives.

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 of 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.

Peer Support Planning

Personalised recovery goal planning is an essential part of the support that we provide. Keeping track of our mental wellbeing is an important part of the recovery journey.

Trivia

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

Journalling

Journalling is a practice of writing down your thoughts and feelings to better understand them. It can be a helpful way to process emotions, monitor habits and improve mental health. Some people find that journalling can help them deal with stress, anxiety, and depression. Let's try it!