

Norton Street • FEBRUARY 2025

Address: 88 Norton Street, Upper Mt Gravatt

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

Phone: 3343 9282

MONDAY 3rd FEBUARY		TUESDAY 4th		WEDNESDAY 5th		THURSDAY 6th		FRIDAY 7th	
10:30 - 12	Cooking group \$5	9:45 - 12	Get Moving	10 - 12	Self Care	10 - 12	Gardening Group	10 - 12	Outing: Sunny Bank Plaza (BYO \$\$)
2 - 3	DBT LITE	2 - 3	Art Group: One line Drawing	1 - 3	Journalling	2 - 3:30	Trivia	2 - 4	Karaoke

MONDAY 10th		TUESDAY 11th		WEDNESDAY 12th		THURSDAY 13th		FRIDAY 14th	
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: SouthBank Social Hub
2 - 3	DBT LITE	2 - 3	Art Group: design your own tote bag	1 - 3	Sports Skill	2 - 3:30	Trivia	1 - 2:30	The Power of Story

MONDAY 17th		TUESDAY 18th		WEDNESDAY 19th		THURSDAY 20th		FRIDAY 21st	
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: Enoggera Reservoir
2 - 3	DBT LITE	2 - 3	Art Group: Painting	1 - 3	Sports Skill	2 - 3:30	Community Meeting	1 - 2:30	The Power of Story

MONDAY 24th		TUESDAY 25th		WEDNESDAY 26th		THURSDAY 27th		FRIDAY 28th	
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: Mt Tambo Botanic Gardens
2 - 3	DBT LITE	2 - 3	Art Group: Character Drawing	1 - 3	Sports Skill	2 - 3:30	Trivia	1 - 2:30	The Power of Story

Monday 3rd MARCH		Tuesday 4th March		Wednesday 5th MARCH		Thursday 6th MARCH		Friday 7th MARCH	
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: Ice Skating
2 - 3	DBT LITE	2 - 3	Art Group: Origami	1 - 3	Sports Skill	2 - 3:30	Trivia	2 - 4	Karaoke

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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 within a gym environment. All fitness levels are welcome and participation in 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.

The Power of Story

What kind of story do you tell yourself? Is it a helpful story? Join us for a chat about this—make a new way to view yourself.

Trivia

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

Sports Skill

Lets learn a new skill that is part of physical activity. A range of activities are on offer to engage in as a group, whether we can learn to swing a tennis racket or kick a soccer ball. We can learn something new to help improve and maintain our mental health.