



# ROAMING RED 2025



Day	Time	Location
Monday	TBD	TBD
Tuesday	11am-3pm	Beenleigh Neighbourhood Centre 10-12 James St
Wednesday	TBD	Closed Groups DBT
Thursday	11am-3pm	Beenleigh Neighbourhood Centre 10-12 James St
Friday	11:30-3pm	<i>West End Community House 4 Norfolk Road</i>



for more information:  
[brookred.org.au/community-centres](http://brookred.org.au/community-centres)  
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Peer support happens when someone provides support to another person with whom they share similar experiences. At Brook RED we base our peer support on the foundation of having the shared experience of working toward recovery from a mental health concern. This shared experience of recovering is what binds us together as a community. We will be running a variety of FREE Mental Health Recovery Groups and providing a community space to interact with other folks in a social, welcoming environment. All of our staff understand and are here to help you learn the skills to live life the way you want to.