



RECOVERY EMPOWERMENT DEVELOPMENT PEER SUPPORT

THE BROOK RED CENTRE - BRISBANE EAST

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WEEKLY PROGRAM

DAY/TIME	MORNING	TIME	AFTERNOON
MONDAY 10.00-12.00pm	Peer Support Group	1.00-3.00pm	Art Group
TUESDAY 9.30-12.00pm	Drop In	1.00-3.00pm	Bowling Group
WEDNESDAY 9.30-11.00am 11.00-1.00pm	Yoga & Creative Writing	1.30-3.30pm 1.00-3.00pm	Drop In FreeStyln Exercizn
THURSDAY 10.00-12.00pm	Men's Group	1.00-3.00pm	Music Group
FRIDAY 9.30-12.30pm	Team Peer Meeting Centre Closed at this time	1.00-3.00pm	Under 30's Group