

Norton Street • OCTOBER 2024

Address: 88 Norton Street, Upper Mt Gravatt

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

Phone: 3343 9282

MONDAY 30th		TUESDAY 1st		WEDNESDAY 2nd		THURSDAY 3rd		FRIDAY 4th	
10:30 - 12	MAPPING YOUR MIND	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 - 4	Karaoke
MONDAY 7th		TUESDAY 8th		WEDNESDAY 9th		THURSDAY 10th		FRIDAY 11th	
PUBLIC HOLIDAY		9:45 - 12	Walking Group	10:30 leave	Beach Trip—The Spit \$4	11:30 - 1	A Musical Extravaganza	10am leave	Gardening Group
CENTRE CLOSED		12-1 1 - 3	COMMUNITY MEETING The Talent Toolkit	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	3 onwards	Trivia
MONDAY 14th		TUESDAY 15th		WEDNESDAY 16th		THURSDAY 17th		FRIDAY 18th	
10:30 - 12	MAPPING YOUR MIND	9:45 - 12	Walking Group	10:30 leave	Outing: Lunch @ Saravanaa Bhavan BYO \$\$	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group Outing
2 - 3	ART GROUP: Paper mâché	1 - 3	The Talent Toolkit	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2- 4 PM	Trivia
MONDAY 21st		TUESDAY 22nd		WEDNESDAY 23rd		THURSDAY 24th		FRIDAY 25th	
10:30 - 12	MAPPING YOUR MIND	9:45 - 12	Walking Group	10:30 leave	South Bank—Lagoon	11:30 - 1	A Musical Extravaganza	CENTRE CLOSED FOR STAFF TEAM DAY	
2 - 3	ART GROUP: Air clay	1 - 3	Open Discussion Group	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite		
MONDAY 28th		TUESDAY 29th		WEDNESDAY 30th		THURSDAY 31st		FRIDAY 1st November	
10:30 - 12	MAPPING YOUR MIND	9:45 - 12	Walking Group	9:30 leave	Beach trip— Burleigh Heads	11:30 - 1	A Musical Extravaganza	10 - 12	Gardening Group
2 - 3	ART GROUP: Vegetable Carving	1 - 3	Open Discussion Group	1 - 4	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 3	Karaoke

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Mapping your mind

Inspired by “Atlas of the mind” By Brenee Brown, we will be mapping out our experiences and the emotions attached to them– giving us the power of understanding, meaning and choice. Come join the discussion every Monday 10.30-12!

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.