

Norton Street • JUNE 2025

Address: 88 Norton Street, Upper Mt Gravatt
Centre hours: Mon - Fri: 9:30am - 5pm
Phone: 3343 9282

Monday 2 June		Tuesday 3 June		Wednesday 4 June		Thursday 5 June		Friday 6 June	
10:30 - 12	Cooking + Lawn Mowing	9:45 - 12	Get Moving	10 - 12	Games group (indoors)	10-12	Internet & Me : managing screentime	All day	Outing: Area 51
2 - 3 :30	DBT LITE	2 - 3	Art Group: Making Jewellery + keychains	1 - 3	Sports Skill	2– 3:30	Trivia		KARAOKE

MONDAY 9th		TUESDAY 10th		WEDNESDAY 11th		THURSDAY 12th		FRIDAY 13th	
10:230 —12	Cooking + Lawn	9:45 - 12:00	Get Moving	10 - 12	Games group (indoors)	10 - 12	Internet & Me: misinformation	10:30-4	Outing: Bounce
2– 3:30	DBT LITE	2 - 3	Art Group: Ancient Scrolls	1 - 3	Sports Skill	2 - 3:30	Trivia	2--4	INDIVIDUAL SUPPORT

MONDAY 16th		TUESDAY 17th		WEDNESDAY 18th		THURSDAY 19th		FRIDAY 20th	
10:30 - 12	Cooking + Lawn mowing	9:45 - 12:00	Get Moving	10 - 12	Games group (indoors)	10 - 12	Internet & Me : curated vs. reality	ALL DAY	Outing: Ice skating
2 - 3 :30	DBT LITE	2 - 3	Art Group: Watercolour	1 - 3	Sports Skill	2 - 3:30	Trivia		INDIVIDUAL SUPPORT

MONDAY 23		TUESDAY 24		WEDNESDAY 25		THURSDAY 26		FRIDAY 27	
ALL DAY	Cooking group \$5	9:45 - 12:00	Get Moving	10 - 12	Games group (indoors)	10 - 12	Internet & Me: online relationships		CLOSED FOR TEAM DAY
2-3:30	DBT LITE	2 - 3	Art Group: Shrinky dinks	3 - 5	Closed for Team meeting	2 - 3:30	Trivia		

Monday 30		Tuesday 1 JULY		Wednesday 2 JULY		Thursday 3 JULY		Friday 4 JULY	
10:30 - 12	Cooking + lawn mowing	9:45 - 12:00	Get Moving	10 - 12	Games group (indoors)	10 - 12	Internet & Me : Tech challenges	10:30— 4	Outing: Karawatha Forest Discovery centre
2 - 3 :30	DBT LITE	2 - 3	Art Group: Painting	1 - 3	Sports Skill	2 - 3:30	Trivia	2– 4	KARAOKE

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Lawn mowing + Cooking Group

Gardening and lawn mowing session at the community centre while we cook up a nice meal for the participants. Either join us for some yard work or help out in the kitchen.

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 is encouraged at your own pace.

Internet & Me

Internet and Technology can sometimes be challenging. It can be both helpful and unhelpful for our mental health and wellbeing. Join us to chat about some of the things that interest you. This can be online dating, cyber security, relationship with social media, managing screen time ,

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. Facilitated by one of our community members

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**

Games Group

Get to know the community as you show off your board gaming skills. Whether its monopoly or yatzee, we come together as a group and train our brains one board game at a time.

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.

Music Group

Facilitated by a community member, this group looks at different musical talents people have. A jam session for people who love to express themselves with music. Grab a guitar, play the drums and sing some tunes.

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.