

NOV 2025

Centre Opening Hours
Monday to Friday
9:30 AM - 5 PM

MON	TUE	WED	THU	FRI
3 10:30-12 PMCooking + Yard Maintainance \$5 2PM - 3:30PMDBT-Lite	4 10 AM - 12 PMPeerZone 2PM - 3:PMArt Goup	5 10 AM - 12 PMGardening 2PM - 3:30PMLife Skills	6 10 AM-12 PMCreative Space 2PM - 3:30PMTRIVIA	7 10:30-12 PMNature walk 2 PM - 4PMKaraoke
10 10:30-12 PMCooking + Yard Maintainance \$5 2PM - 3:30PMDBT-Lite	11 10 AM - 12 PMPeerZone 2PM - 3:PMArt Goup	12 10 AM - 12 PMGardening 2PM - 3:30PMLife Skills	13 10 AM-12 PMCreative Space 2PM - 3:30PMTRIVIA	14 10:30-12 PMNature Walk 2 PM - 4PMBBQ
17 10:30-12 PMCooking + Yard Maintainance \$5 2PM - 3:30PMDBT-Lite	18 10 AM - 12 PMPeerZone 2PM - 3:PMArt Goup	19 10 AM - 12 PMGardening 3 pm-5PMCENTRE CLOSED	20 10 AM-12 PMCreative Space 2PM - 3:30PMTRIVIA	21 10:30-12 PMNature Walk 2 PM - 4PMMovie
24 10:30-12 PMCooking + Yard Maintainance \$5 2PM - 3:30PMDBT-Lite	25 10 AM - 12 PMPeerZone 2PM - 3:PMArt Goup	26 10 AM - 12 PMGardening 2PM - 3:30PMLife Skills	27 10 AM-12 PMCreative Space 2PM - 3:30PMTRIVIA	28 10:30-12 PMNature Walk 2 PM - 4PMGardening
1 DEC 10:30-12 PMCooking + Yard Maintainance \$5 2PM - 3:30PMDBT-Lite	2 DEC 10 AM - 12 PMPeerZone 2PM - 3:00PMArt Goup	3 DEC 10 AM - 12 PMGardening 3PM - 5PMLife SKILLS	4 DEC 10 AM-12 PMCreative Space 2PM - 3:30PMTRIVIA	5 DEC 10:30-12 PMNature Walk 2 PM - 4PMBBQ

Cooking Group + Yard Maintenance

Get involved with all aspects of preparing a meal—after, enjoy a conversation over a community made meal. If cooking isn't your jam, come along and get involved in some gardening—help keep our shared space beautiful.

Brook RED Open Day

Brook RED is hosting an Open Day event. Its a great time for people to come have a look at the space and try out the different groups that we run on an daily basis. Get to know the peer workers and community members find out how we can support you

Nature Walk

Spring is here ! lets go out in the nature - enjoy the beach or go for a bush walk. Do something fun for a Friday !

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

Community Outreach

Lets go out and explore some other cool services around the area with our community outreach program. Great way to make connections and find like minded people.

Creative space

Discover new hobbies. try a craft, paint a wall, or have a go at the drums ! This space will allow you to explore different creative things you can do with your time to spark some personal joy. its a space to find inspiration for what makes you enjoy the little things in life

Gardening

A dedicated space to make use of our garden. Learn about gardening, or teach us what you know about growing a vegie or flower garden. you also get to keep the harvest that you grow. Gardening group will also include caring for indoor potted plants.

Peer Zone

Peer run interactive group that focuses on self-discovery and awareness around mental health issues and coping mechanism that work for each individual

DBT- Lite

A non-committal, chill version of a DBT (abridged) group that covers the major DBT skills. Dip your toes in or refresh your skills. It doesn't require people to do any home practice, however it is always encouraged. Walk-ins are welcome

Fridays

Each Friday is a different activity. Whether it be singing with karaoke, having a bbq, visiting other community spaces, or enjoying some snacks while watching a movie.

Life Skills

Life Skills group brings something different every week. Lets discuss how we can better our budget, plan our weeks and learn a few nifty skills that would be super handy in life. If you are confident with any such skills, share your knowledge with the community

Trivia

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

WARM LINE

We know that getting through the evening can be tough at times.

Our Warm Line is open Monday to Friday from 5:00pm to 9:00pm

You can call us on 07 3343 9282

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RED HOUSE

The RED House is a safe and supportive space where people can stay for a short time while working on a self-determined recovery goal or activity alongside our peer workers.

Chat to a Peer Worker for more information