



# BEENLEIGH CALENDAR

## September 2022

Bundjalung Country  
Opening Hours:

Tuesday - Friday 9am – 5pm

Saturday 10am - 3pm

Address: 13A/20 Main Street  
Beenleigh Phone: (07) 3339 1599

Please sign up in advance for- **One on One Support, Community Lunch & Community Outings**, as spaces are limited.

Our program may change if there are Covid-19 restrictions in place. Our groups are facilitated by a peer worker for members to explore an area of wellbeing in a safe environment and are run using the wisdom of the group on the day.

|  |   | Thursday 1 <sup>st</sup>                       | Friday 2 <sup>nd</sup>   | Saturday 3 <sup>rd</sup>  |
|--|---|--|--|---|
| 10am Tues-Friday... Morning Gentle stretching.   |   |  |  |   |
|  |   | 11am One on One Support<br>3pm Chit Chat Group | 12pm- Kahla's taa-daa lunch.<br>Come and join us for Pizza and Chicken.<br><br>Please let staff know if you would like to come and join us | 10am - 11am Coffee Crawl<br>Weekly Goals<br>11am - 3pm Chit Chat Group<br>What do we want to do in September?<br>& DBT Practice |
| Tuesday 6 <sup>th</sup>  | Wednesday 7 <sup>th</sup>   | Thursday 8 <sup>th</sup>                       | Friday 9 <sup>th</sup>   | Saturday 10 <sup>th</sup>   |
| 10am Tues-Friday... Morning Gentle stretching.   |   |  |  |   |
| 11am One on One Support & WALKING GROUP<br>1pm Arts and Crafts- 3pm Out and About                            | 10am - 12pm YOUR Group<br>Clear Communication Goals<br><br>1pm Community Lunch \$3              | 11am One on One Support<br>3pm Chit Chat Group | 10am Community Outing- J.C.Slaughter Falls with Highgate Hill Peeps.<br>BYO snacks, water and walking shoes.                               | 10am - 11am Coffee Crawl<br>Weekly Goals<br>11am - 3pm Chit Chat Group & DBT Practice   |
| Tuesday 13 <sup>th</sup>   | Wednesday 14 <sup>th</sup>  | Thursday 15 <sup>th</sup>                      | Friday 16 <sup>th</sup>  | Saturday 17 <sup>th</sup>   |
| 10am Tues-Friday... Morning Gentle stretching.   |   |  |  |   |
| 10am One on One Support & WALKING GROUP<br>2pm COMMUNITY MEETING<br>1pm Arts and Crafts<br>3pm Out and About | 10am - 12pm YOUR Group<br>Clear Communication in Person<br><br>1pm Community Lunch<br>Pizza Hut | 11am One on One Support<br>3pm Chit Chat Group | 10am Community Outing- Swell Sand Sculpture Festival @Currumbin  | 10am - 11am Coffee Crawl<br>Weekly Goals<br>11am - 3pm Chit Chat Group & DBT Practice   |
| Tuesday 20 <sup>th</sup>   | Wednesday 21 <sup>st</sup>  | Thursday 22 <sup>nd</sup>                      | Friday 23 <sup>rd</sup>  | Saturday 24 <sup>th</sup>   |
| 10am Tues-Friday... Morning Gentle stretching.   |   |  |  |   |
| 11am One on One Support & WALKING GROUP<br>1pm Arts and Crafts<br>3pm Out and About                          | 10am - 12pm YOUR Group<br>Clear Communication in Writing<br><br>1pm Community Lunch \$3         | 11am One on One Support<br>3pm Chit Chat Group | 10am Community Outing- Toowoomba Carnival of Flowers Queens Park   | 10am - 11am Coffee Crawl<br>Weekly Goals<br>11am - 3pm Chit Chat Group<br>What do we want to do in September?<br>& DBT Practice |
| Tuesday 27 <sup>th</sup>   | Wednesday 28 <sup>th</sup>  | Thursday 29 <sup>th</sup>                      | Friday 30 <sup>th</sup>  | 1 <sup>st</sup> October   |
| 10am Tues-Friday... Morning Gentle stretching.   |   |  |  |   |
| 11am One on One Support & WALKING GROUP<br>1pm Arts and Crafts<br>3pm Out and About                          | 10am -12pm YOUR Group<br>Clear Communication Positive Outcomes<br><br>1pm Community Lunch \$3   | 11am One on One Support<br>3pm Chit Chat Group | 10am Community Outing- Kangaroo Cliff scenic walk BYO snacks, water and walking shoes.   | 10am - 11am Coffee Crawl<br>Weekly Goals<br>11am - 3pm Chit Chat Group<br>What do we want to do in November?<br>& DBT Practice  |

