

ROAMING RED

ONLINE

MON

INALA

9 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

16 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

23 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

30 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

TUES

BEENLEIGH

10 **11 AM - 3 PM**
COOKING GROUP

11:30 AM- 12:30
PEER ZONE
17 **1 PM - 2 PM**
SMART RECOVERY
2 PM - 3 PM
Birds of Beenleigh

24 **11 AM - 3 PM**
COOKING GROUP

31 **11:30 AM- 12:30**
PEER ZONE
1 PM - 2 PM
SMART RECOVERY
2 PM - 3 PM
Birds of Beenleigh

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UPPER MT GRVATT

12 **5PM - 8PM**
Cooking Group @
Brook RED centre

19 **5PM - 8PM**
Cooking Group @
Brook RED centre

26 **5PM - 8PM**
Cooking Group @
Brook RED centre

FRI

WEST END

13 **12PM - 3PM**
@ WEST END
Community House

Board games and
chats

20 **CLOSED FOR STAFF
TRAINING**

**WARM LINE IS AVAILABLE
5PM - 9 PM**

27 **12PM - 3PM**
Drop in space

1pm- 2:30pm
MENTAL HEALTH
CHATS

WEDNESDAYS

5:15 pm - 6:15 pm

AFTER HOURS RECOVERY SUPPORT

A peer support group that
focuses on winding down,
grounding ourselves and
reducing isolation by focusing on
the present.

No prior sign up required.

ZOOM Group Meeting ID:
889 4034 5572
Passcode: **946104**

THURSDAYS

3PM - 4PM

WEEKLY RECOVERY GROUP

A 6 week peer support group that
focuses on building recovery
skills, insight, hope and
connection.

No prior sign up required

ZOOM Group Meeting ID:
865 3938 1906
Passcode: **292834**

ONLINE GROUPS

Both Online groups will start on **18th** and **19th**
March 2026.

If you have any questions or concerns, please feel
free to contact Sarah

March '26

March '26

M

1PM - 3PM
Arts & Crafts @
INALA Community Hub

Join us at Inala Community Hub for a chat and while doing some mindful artsy stuff. Make Key chains, or paint do a canvas.

5PM - 7PM
SUNSET SESH Outing

Exploring Sunsets from different points of Brisbane. Each week, we drive to a different spot, admire the sunset and practice some mindfulness. The Van leaves from the Community Centre, at 4:30 PM. You can drive down with us, or meet us there. Please call and sign up so that we know to expect you

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Cooking Group
A life skills building group, where we learn to prep, cook and eat together as a community.
Gold coin Donation

PEER ZONE
Discussion based group that explores different parts of our mental health and their impact

SMART RECOVERY
Recovery focused group that helps individuals overcome substance dependencies and other habits they want to change

BIRDS OF BEENLEIGH
A community run, chill group, where we explore different birds and learn together

TH

5PM - 8PM
Cooking Group @
Brook RED centre

At our community centre at Upper Mount Gravatt, join us for a dinner after hours. This is a good group for those who want to learn cooking, experiment with a new recipe.

Address : 88 Norton Street, Upper Mount Gravatt 4122, QLD

This group costs a bit more to \$5

For all enquiries, please contact Sarah
Email : saraha@brookred.org.au
Phone: 3343 9282

F

WEST END
COMMUNITY HOUSE
12PM - 3PM
Peer Workers are available for individual chats

12PM - 1PM
Drop in Space

1 PM - 2:30 PM
Mental health chats
Structured Mental Health focused group that explores themes like, relationship with our health, self-care, meaning and purpose growth etc

ONLINE

WEDNESDAY
5:15 PM - 6:15 PM
AFTER HOURS
RECOVERY SUPPORT

WEEK 1 - Getting through the night safely

WEEK 2 -Managing urges without acting on them

WEEK 3 -Calming a racing mind

WEEK 4 - Coping with loniliness

WEEK 5 - When the day didnt go well

WEEK 6 - Creating a soothing Night Routine

ONLINE

THURSDAYS
3PM - 4PM
WEEKLY RECOVERY
GROUP

WEEK 1 - Understanding my Early Warning Signs

WEEK 2 - Self-compassion on Difficult days

WEEK 3 - Boundaries and protecting my energy

WEEK 4 - reclaiming identity beyond diagnosis

WEEK 5 - Buildng a personal coping toolkit

WEEK 6 - Recognising Growth & Small wins

UPCOMING CLOSURES - Brook RED groups are closed on public holidays, or certain staff training days. For March, please find the following dates

Friday - 20 March 2026