ROAMING RED

November 26

MON

INALA

2
1PM - 3PM
Leather Craft and weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

9
1PM - 3PM
Leather Craft and weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

16
1PM - 3PM
Leather Craft and weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

23
1PM - 3PM
Leather Craft and weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

30
1PM - 3PM
Leather Craft and weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

TUES

BEENLEIGH

3
11 AM - 2:00 PM
COOKING GROUP
Chkn Carbonara
2 PM - 3 PM
self-stereotypes & self-care

10
11:30 AM- 12:30
Coping mechanisms- Anxiety & Depression
1 PM - 3 PM
Sports activties @ Alexandera Clarke Park

17
11 AM - 2:00 PM
Conversation Starters
Peer chats
2 PM - 3 PM
Games & Trivia

24
11:30 AM- 12:30
ART
Jelly fish making
12:30- 3PM
Community meeting

FRI

WEST END

6
12PM - 12:15PM
Meet at WECH
12:30- 2:30pm
Roma Street Parklands

13
12PM - 3PM
Drop in space
1pm- 3pm
Trivia

20
12PM - 3PM
Drop in space
1pm- 3pm
Music appreciation

27
12PM - 3PM
Games
Community Meeting

November 26

M

1PM - 3PM
Leather Craft and weekly catch up
INALA Community Hub

A bit of time together to check in after the weekend and set our mood up well for the week.
Getting to know each other and share out current mental htealth journey over a game.
Then we put our heads together to figure out leather working projects

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

TU

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

ART GROUP
Get creative with the community and explore some fun art techniques

For all enquiries, please contact Sarah

Email : saraha@brookred.org.au
Phone: 07 3343 9282

F

WEST END COMMUNITY HOUSE
12PM - 3PM
Peer Workers are available at WECH 12-3PM, every Friday

DROP IN SPACE
Come for the social connection, chats and fun

MUSIC APPRECIATION
Everyone shares their favourite song at the moment. Listen to new jams and discuss what you love about it

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