



APRIL 2024

BUNDJALUNG COUNTRY 13A/20 MAIN STREET BEENLEIGH PH: (07) 3339 1599 TUES-FRI 9:30-5pm

Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th
Journaling and Mindfulness daily – 10am (10:30am for DBT lite)				
10:30 Cooking Group 2pm Community Connection	10:30am Art Group 2pm Walking Group	10:30am DBT Lite 2pm Art Group	10:30am Healthy Connections Karaoke@ Norton St. 2pm-4pm 2pm Zen Zone	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th
Journaling and Mindfulness daily – 10am (10:30am for DBT lite)				
10:30 Cooking Group 2pm Community Connection	10:30am Art Group 2pm Walking Group	10:30am DBT Lite 2pm Community Connection	10:30am Healthy Connections 2pm Closed Beenleigh Co-Reflection	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th
Journaling and Mindfulness daily 10am (10:30am for DBT lite)				
10:30 ICE BATH 2pm Community Connection	10:30am Art Group 2pm Walking Group	10:30am DBT Lite 2pm Monthly mental meeting 2pm Community connection	10:30 Healthy Connections 2pm Zen Zone	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th
Journaling and Mindfulness daily (10:30am for DBT lite)				
10:30 Cooking Group 2pm Community Connection	10:30am Art Group 2pm Walking Group	CLOSED ANZAC DAY	CLOSED BROOK RED TEAM DAY	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810

CHIT CHAT FOR CHANGE – Peer Led discussions around what recovery looks like for you. Learn new skills for working with our mental health and managing life

DBT. LITE – A relaxed introduction to Dialectical Behaviour Therapy. Covering the four main units of DBT – Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness

DBT SATURDAYS – 13 week DBT Skills group for those wanting to go more in depth than DBT Lite.
This is a closed group so participants must sign up and complete the orientation process before attending

CREATIVITY CLUB – A supportive space to exercise your creative muscles and grow your self-confidence. Bring along something you've made or enjoyed to Show & Tell, take part in our Mindful Media discussions and challenge yourself with games designed to bring out your inner creative.

ZEN ZONE – Chill out to end the week full of good vibes. Featuring gentle yoga, meditation, mindfulness, breath work and good times

HEALTHY CONNECTIONS – A group to learn skills for managing relationships, dating, boundaries and healthy conflict with others

COMMUNITY CONNECTION- Some down time to spend with our community and its members. Sit, chat, and pick an activity to do together, even bounce some ideas off one another involving what's going on for you at the moment. There is so much knowledge in the people we are spending time with.

ART GROUP – Art projects run by our community. This is a great group to join if you are new to Brook RED. It's pretty low key and a great way to meet our amazing community

COOKING GROUP – No cooking skills necessary! We work together to try new recipes, explore new flavours and learn new skills. Anyone is welcome to help cook or observe, but if you wish to eat we request a \$5 contribution toward groceries

BRAIN GAMES – Scattegories, Scrabble, Card Games, Word Games and more. This is another relaxed group where you can meet our community and get to know the lovely humans of Brook Red

MORNING MINDFULNESS AND JOURNALING – We start each day with a new mindfulness practice. Get settled in the space and test out new ways to be in the present moment. Following mindfulness you are welcome to journal about your thoughts or discuss them with the group

MONTHLY MENTAL MEETING – On the first Thursday of each month our Newsletter Group meet to plan the next edition of our Community Paper – The Monthly Mental – everyone is welcome to attend

COMMUNITY MEETING – A chance to share your thoughts about Brook RED and help us plan for the month ahead. A safe space for sharing suggestions, complaints and comments about your experience in our community