



FEBRUARY 2024

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

		<u>Thursday 1st</u>	<u>Friday 2nd</u>	<u>Saturday 3rd</u>
Journaling and Mindfulness daily – 10am (10:30am for DBT lite)				
		10:30am DBT Lite MONTHLY MENTAL MEETING 2pm Art Group	10:30am Cooking Group COMMUNITY MEETING ALL WELCOME 2pm Zen Zone	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
<u>Tuesday 6th</u>	<u>Wednesday 7th</u>	<u>Thursday 8th</u>	<u>Friday 9th</u>	<u>Saturday 10th</u>
Journaling and Mindfulness daily – 10am (10:30am for DBT lite)				
10:30 Healthy Connections 2pm Creativity Club	10:30am Chit Chat for Change 2pm Brain Games	10:30am DBT Lite 2pm Art Group	10:30am Cooking Group (OR KARAOKE @ NORTON) 2pm Zen Zone	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
<u>Tuesday 13th</u>	<u>Wednesday 14th</u>	Thursday 15th	Friday 16th	<u>Saturday 17th</u>
Journaling and Mindfulness daily 10am (10:30am for DBT lite)				
10:30 Healthy Connections 2pm Creativity Club	10:30am Chit Chat for Change 2pm Brain Games	10:30am DBT Lite 2pm Art Group	10:30am Cooking Group 2pm CLOSED STAFF TRAINING	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 20th	<u>Wednesday 21st</u>	<u>Thursday 22nd</u>	<u>Friday 23rd</u>	<u>Saturday 24th</u>
Journaling and Mindfulness daily (10:30am for DBT lite)				
10:30 Healthy Connections 2pm Creativity Club	10:30am Chit Chat for Change 2pm Brain Games	10:30am DBT Lite 2pm Art Group	10:30am Cooking Group 2pm Zen Zone	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 27th	<u>Wednesday 28th</u>	<u>Thursday 29th</u>		
Journaling and Mindfulness daily (10:30am for DBT lite)				
10:30 Healthy Connections 2pm Creativity Club	10:30am Chit Chat for Change 2pm Brain Games	10:30am DBT Lite 2pm Art Group		

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

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 – Scattogories, 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

