



NORTON STREET

January Calendar 2023 | (ph.: 3343 9282)



MONDAY 2 nd Jan	TUESDAY 3 rd	WEDNESDAY 4 th	THURSDAY 5 th	FRIDAY 6 th
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Brook RED service closure – Our Community Centres and Warm Line will be taking a break from the **23rd of December and reopening on Monday the 9th of January.**

We thank you for being a part of the Brook RED community and wish you a restful and restorative holiday 😊

MONDAY 9 th	TUESDAY 10 th	WEDNESDAY 11 th	THURSDAY 12 th	FRIDAY 13 th
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Centre open: 9:30 – 5pm daily

No groups or dinner. Drop in group and individual support welcome 😊

MONDAY 16 th	TUESDAY 17 th	WEDNESDAY 18 th	THURSDAY 19 th	FRIDAY 20 th
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Centre open: 9:30 – 5pm daily

No groups or dinner. Drop in group and individual support welcome 😊

MONDAY 23 rd	TUESDAY 24 th	WEDNESDAY 25 th	THURSDAY 26 th	FRIDAY 27 th
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11am - 12:30pm	Art Group	11am - 12pm	Spring into Action: Group Walk	11am - 12pm	Managing a Messy Mind	CENTRE CLOSED PUBLIC HOLIDAY	
2pm - 3pm	Healthy Connections	2pm - 3pm	Music Appreciation	2pm - 4pm	Dungeons & Dragons		
4pm - 7pm	Community dinner Cost: \$3	3pm - 4pm	Music Jam Session	4pm - 7pm	Community Dinner Cost: \$3		

MONDAY 30 th	TUESDAY 27 th	WEDNESDAY 28 th	THURSDAY 29 th	FRIDAY 30 th
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11am - 12:30pm	Art Group	11am - 12pm	Spring into Action: Group Walk	11am - 12pm	Managing a Messy Mind	11am - 12pm	Coffee Crawl	
2pm - 3pm	Healthy Connections	2pm - 3pm	Music Appreciation	2pm - 4pm	Dungeons & Dragons	2pm - 3pm	Creative Confidence	
4pm - 7pm	Community dinner Cost: \$3	3pm - 4pm	Music Jam Session	4pm - 7pm	Community Dinner Cost: \$3			



Address: 88 Norton Street, Upper Mt Gravatt

Hours: Mon, Wed: 9:30am – 7pm | Tues, Thurs, Fri: 9:30am – 5pm

Warm Line: Mon - Fri: 5pm – 9pm



NORTON STREET CALENDAR INFORMATION



Art Group

Let your creativity flow! Try out an assortment of different art mediums while chatting about life and recovery. No artistic capabilities are needed to join, just enthusiasm to create and connect.

Healthy Connections

Explore creative ways to make meaningful and fulfilling connections in our personal lives, with our peers and community.

Spring into Action

Join us in getting out into nature! We get active and embrace nature weekly by going for walks in the local areas or tending to our garden which is filled with many vegetables and flowers.

Tuesday 1st - Walk

Tuesday 8th – Mega Garden Working Bee

Tuesday 15th - Walk

Tuesday 29th - Garden

Music Appreciation

A respectful space to explore your musical journey and music appreciation. Open up your mind to different types of music and explore the feelings that arise with self-compassion and acceptance through fun explorative activities.

Music Jam Session

Bring your own instrument or use one of ours, to jam out with some likeminded people.

Managing a Messy Mind

Explore experiences and coping skills to help manage stress, anxiety, intrusive thought, panic, distress and obsessive thinking.

Dungeons & Dragons

A fun fantasy role-playing game that can enhance your self-esteem, problem-solving skills, and social skills. No experience is needed to participate, just bring yourself and your creativity.

Coffee Crawl

Join us for a walk to a local café where we can chat about life, recovery and the ups and downs of mental wellness over a nice cappuccino.

Community Meeting

Have your say on how your community runs! Join us on the first Wednesday of every month to have your say and get updates on the future of the community (and enjoy a BBQ too).

Creative Confidence

A fun and light hearted group designed to build creativity and self-confidence. Embrace your silly side with drama games, out of the box thinking and creative problem solving activities. All welcome!

Community Outing

Come along and join the gang in exploring Brisbane and the surrounding areas.

Friday 4th – Ipswich Nature Centre

Friday 11th – Walkabout Creek

Friday 18th – Movie

Friday 25th - Botanical Garden + Planetarium

Friday 2nd - GOMA via bus (please bring go-card)

DBT Skills Group

DBT (Dialectical Behaviour Therapy) Skills Group is a 13 week course covering Mindfulness, Emotion Regulation, Interpersonal Effectiveness and Distress Tolerance. This is a closed group and sign up is essential. For more information contact maddyl@brookred.org.au

Community Dinner - \$3

Join us on Mondays and Wednesdays for community dinner! Sign up before 4pm. Pitch in to help plan, cook or clean.



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Hours: Mon, Wed: 9:30am – 7pm | Tues, Thurs, Fri: 9:30am – 5pm

Warm Line: Mon - Fri: 5pm – 9pm