

MARCH 2026

Centre Opening Hours
Monday to Friday
9:30 AM - 5 PM

MON

TUE

WED

THU

FRI

2

10:30-12 PM Cooking Group (\$5)

2PM - 3:30PM DBT-Lite

3

10 AM - 12 PM Poetry 101

2PM - 3:PM Art Group

4

10 AM - 12 PM Gardening Group

2PM - 3:30PM Social Strategies ft.DBT

5

10 AM - 12 PM Coffee Crawl (\$2)

11:30-1PM ACT now! The OG DBT

1-2PM COMMUNITY MEETING

2PM - 3:30PM TRIVIA

6

10:30 - 12 PM What's Up Weekend?

2 PM - 4PM Karaoke

9

10:30-12 PM Cooking Group (\$5)

2PM - 3:30PM DBT-Lite

10

10 AM - 12 PM Poetry 101

2PM - 3:PM Art Group

11

10 AM - 12 PM Gardening Group

2PM - 3:30PM Social Strategies ft.DBT

12

10 AM - 12 PM Coffee Crawl (\$2)

11:30-1PM ACT now! The OG DBT

2PM - 3:30PM TRIVIA

13

10:30 - 12 PM What's Up Weekend?

2 PM - 4PM Movie

16

10:30-12 PM Cooking Group (\$5)

2PM - 3:30PM DBT Lite

17

10 AM - 12 PM Poetry 101

2PM - 3:PM Art Group

18

10 AM - 12 PM Gardening Group

2PM - 3:30PM Social Strategies ft.DBT

19

10 AM - 12 PM Coffee Crawl (\$2)

11:30-1PM ACT now! The OG DBT

2PM - 3:30PM TRIVIA

20

CLOSED FOR STAFF TRAINING

23

10:30-12 PM Cooking Group (\$5)

2PM - 3:30PM DBT Lite

24

10 AM - 12 PM Poetry 101

2PM - 3:PM Art Group

25

10 AM - 12 PM Gardening Group

3PM - 5PM Centre Closed

26

10 AM - 12 PM Coffee Crawl (\$2)

11:30-1PM ACT now! The OG DBT

2PM - 3:30PM TRIVIA

27

10:30 - 12 PM What's Up Weekend?

2 PM - 4PM Games

Cooking Group

Get involved with all aspects of preparing a meal—after, enjoy a conversation over a community made meal. Participation requires a \$5 donation.

Poetry 101

Make a few silly ditties and hide a smile from a dirty limerick! We'll make some verses together, and get a chance to share your favourite poem for an easy going slam.

What's Up Weekend?

Ever get stuck wondering what to get up to on the weekend? This interactive group helps us find new, exciting and affordable entertainment. Brisbane does offer more than we're aware of!

Fridays

Each Friday is a different activity. Whether it be singing with karaoke, having a bbq, playing board games, or enjoying some snacks while watching a movie.

Coffee Crawl

Join us for a coffee crawl around local cafes. We will grab a coffee, have some chat and spend time together as community. People are encouraged to engage at their own pace and no need to be a coffee expert-just come as you are
Participation requires a \$2 donation.

Social Strategies ft.DBT

A non-judgmental group where we discuss how to healthily navigate social interactions. This group involves content based on the DBT module "Interpersonal Effectiveness".

Gardening Group

Brook Red has quite the garden going! Everything from decorative through to edible. If you're an experienced green thumb or would like to know how to help our green friends thrive, come along and join in!

Trivia

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

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. Facilitated by one of our community members.

DBT- Lite

A non-committal, chill version of a DBT (abridged) group that covers the major DBT skills. Dip your toes in or refresh your skills. It doesn't require people to do any home practice, however it is always encouraged. Walk-ins are welcome!

ACT now! The OG DBT

ACT (Acceptance and Commitment Therapy) has a devoted focus on mindfulness and awareness, which laid the development groundwork for DBT. This group is all about relaxing; listen to audio tracks and try on ACT strategies against stress together. No prior DBT experience needed. You are more than welcome to join us if you just want a relaxation session!

WARM LINE

We know that getting through the evening can be tough at times.

Our Warm Line is open Monday to Friday from 5:00pm to 9:00pm

You can call us on 07 3343 9282

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88 Norton Street Upper Mt Gravatt
3343 9282

COMMUNITY MEETING

THURSDAY 5 MARCH - 1 PM - 2PM

We strongly encourage our community members to join us and tell us what's been working and what groups they would like to see change

RED HOUSE

The RED House is a safe and supportive space where people can stay for a short time while working on a self-determined recovery goal or activity alongside our peer workers.

Chat to a Peer Worker for more information