

NORTON STREET

MARCH Calendar 2023 | (ph.: 3343 9282)

MONDAY 27 th FEB		TUESDAY 28 th FEB		WEDNESDAY 1 st MARCH		THURSDAY 2 nd MARCH		FRIDAY 3 rd MARCH	
11-12:30	Art Group <u>Stained glass painting</u>	11-12	Spring into Action	10-1	DBT (group at capacity)	11-12	Coffee Crawl	10-12	Cooking Club & Community Lunch Cost: \$3
2-4	Healthy Connections	2-4	Music Appreciation & Jam Session			2-3	Creativity Club	2-5	Netflix and Chat
		4-7	Community Dinner Cost: \$3	3-5	CLOSED FOR STAFF MEETING				
MONDAY 6 th		TUESDAY 7 th		WEDNESDAY 8 th		THURSDAY 9 th		FRIDAY 10 th	
11-12:30	Art Group <u>Stained glass painting + bring your own art</u>	11-12	COMMUNITY MEETING	10-1	DBT (group at capacity)	11-12	Coffee Crawl	10-2	Cooking Club & Community Lunch Cost: \$3
2-3	Healthy Connections	2-4	Music Appreciation & Jam Session			2-3	Here and Now	2-3	Creativity Club
		4-7	Community Dinner Cost: \$3						
MONDAY 13 th		TUESDAY 14 th		WEDNESDAY 15 th		THURSDAY 16 th		FRIDAY 17 th	
11-12:30	Art Group <u>Express your strengths</u>	11-12	Blooming Minds <u>Does laziness exist?</u>	10-1	DBT (group at capacity)	11-12	Coffee Crawl	10-12	Cooking Club & Community Lunch Cost: \$3
2-3	Healthy Connections	12-2	Community Lunch Cost: \$3			2-3	Here and Now	2-3	Creativity Club
		2-4	Music Appreciation & Jam Session						
MONDAY 20 th		TUESDAY 21 st		WEDNESDAY 22 nd		THURSDAY 23 rd		FRIDAY 24 th	
11-12:30	Art Group <u>Clay</u>	11-12	Blooming Minds <u>Stress reduction strategies</u>	10-1	DBT (group at capacity)	10-2	COMMUNITY OUTING Walk About Creek Animal Reserve 10am departure Cost: \$1	10-12	Cooking Club & Community Lunch Cost: \$3
2-3	Healthy Connections	12-2	Community Lunch Cost: \$3					2-3	Here and Now
		2-4	Music Appreciation & Jam Session						
MONDAY 27 th		TUESDAY 28 th		WEDNESDAY 29 th		THURSDAY 30 th		FRIDAY 3 ^{1st}	
11-12:30	Art Group <u>Clay + bring your own art to work on</u>	11-12	Blooming Minds <u>What is self-care?</u>	10-1	DBT (group at capacity)	11-12	Coffee Crawl	10-12	Centre Closed
-		12-2	Community Lunch Cost: \$3			2-3	Here and Now	2-3	
2-3	Healthy Connections	2-4	Music Appreciation & Jam Session						



Address: 88 Norton Street, Upper Mt Gravatt | **Hours:** Mon, Tues, Wed, 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.

Blooming Minds

Connect with others to have meaningful discussions surrounding mental health, coping strategies and societal structures which impact us. Be kind to your mind and grow your tool belt!

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.

DBT

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 maddy@brookred.org.au

Group at capacity – sign up for July group

Here and Now

Learn strategies to be in the present moment and be grateful for the here and now, in a calm, non-judgemental group.

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.

Creativity Club

A social space to talk about pop culture, creativity and mental health. 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 creative side.

Cooking Club & Community Lunch - \$3

Want to explore new cuisines and recipes? Cooking club is the perfect place to learn to prepare and cook a new meal. Enjoy the creation at the community lunch. Participation and sign up for cooking club by 10am is necessary to attend community lunch

Netflix and Chat

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

Community Lunch - \$3

Join us on Tuesday for community lunch! Pitch in to help plan, cook or clean. Sign up by 10am is necessary.

Community Meeting

Have your say on how your community runs! Join us on the first Tuesday of every month to have your say and get updates on the future of the community

Community Outing

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

MARCH OUTING: Walk About Creek Animal Centre
Please arrive at Norton St centre by 10am.

Cost: gold coin donation.



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