

November 26

MON

INALA

2
CLOSED FOPR PUBLIC
HOLIDAY

9
1PM - 3PM
Leather Craft and
weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

16
1PM - 3PM
Leather Craft and
weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

23
1PM - 3PM
Leather Craft and
weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

30
1PM - 3PM
Leather Craft and
weekly catch up
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

ROAMING RED

TUES

BEENLEIGH

3
11 AM - 2:00 PM
COOKING GROUP
Chkn Carbonara
2 PM - 3 PM
self-stereotypes & self-care

10
11:30 AM- 12:30
Coping mechanisms-
Anxiety & Depression
1 PM - 3 PM
Sports activities @ Alexandra
Clarke Park

17
11 AM - 2:00 PM
Conversation Starters
Peer chats
2 PM - 3 PM
Games & Trivia

24
11:30 AM- 12:30
ART
Decorations & Pumpkin
Carving
12:30- 3PM
Community meeting

FRI

WEST END

6
12PM - 12:15PM
Meet at WECH
12:30- 2:30pm
Roma Street Parklands

13
12PM - 3PM
Drop in space
1pm- 3pm
Trivia

20
12PM - 3PM
Drop in space
1pm- 3pm
Music appreciation

27
12PM - 3PM
Games
Community Meeting

November 26

M

1PM - 3PM
Leather Craft and
weekly catch up
INALA Community Hub

A bit of time together to check in after the weekend and set our mood up well for the week.

Getting to know each other and share out current mental health journey over a game. Then we put our heads together to figure out leather working projects

5PM - 7PM
SUNSET SESH Outing

Exploring Sunsets from different points of Brisbane. Each week, we drive to a different spot, admire the sunset and practice some mindfulness. The Van leaves from the Community Centre, at 4:30 PM. You can drive down with us, or meet us there.

Please call and sign up so that we know to expect you

TU

Cooking Group

A life skills building group, where we learn to prep, cook and eat together as a community.

Gold coin Donation

PEER ZONE

Discussion based group that explores different parts of our mental health and their impact

SMART RECOVERY

Recovery focused group that helps individuals overcome substance dependencies and other habits they want to change

ART GROUP

Get creative with the community and explore some fun art techniques

For all enquiries, please contact Sarah

Email : saraha@brookred.org.au

Phone: 07 3343 9282

F

WEST END
COMMUNITY HOUSE

12PM - 3PM

Peer Workers are available at WECH 12-3PM, every Friday

DROP IN SPACE

Come for the social connection, chats and fun

MUSIC
APPRECIATION

Everyone shares their favourite song at the moment. Listen to new jams and discuss what you love about it

TRIVIA

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