

NORTON STREET

MAY Calendar 2023 | (ph.: 3343 9282)

MONDAY 1 st May		TUESDAY 2 nd May		WEDNESDAY 3 rd May		THURSDAY 4 th May		FRIDAY 5 th May	
All day	CENTRE CLOSED Public holiday	11-12	COMMUNITY MEETING	10 - 1	DBT (group at capacity)	11-12	Coffee Crawl	10-12	Cooking Club & Community Lunch Cost: \$3
		2 - 3	Music Appreciation						
		3-4	Jam Session	3 - 5	Here and Now	2 - 3	Creativity Club	2 - 5	Activity Arvo
MONDAY 8 th		TUESDAY 9 th		WEDNESDAY 10 th		THURSDAY 11 th		FRIDAY 12 th	
11-12:30	Art Group <u>Painting tutorial</u>	11-12	Blooming Minds	10 - 1	DBT (group at capacity)	11-12	Coffee Crawl	10-12	Cooking Club & Community Lunch Cost: \$3
2 - 3	Healthy Connections	2 - 3	Music Appreciation						
		2 - 4	Jam Session	2 - 3	Here and Now	2 - 3	Creativity Club	2 - 5	Activity Arvo
MONDAY 15 th		TUESDAY 16 th		WEDNESDAY 17 th		THURSDAY 18 th		FRIDAY 19 th	
11 - 12:30	Art Group <u>Origami</u>	11-12	Blooming Minds	10- 12	DBT-lite	11-12	Coffee Crawl	10-12	Cooking Club & Community Lunch Cost: \$3
2 - 3	Healthy Connections	2 - 3	Music Appreciation						
		2 - 4	Jam Session	2 - 3	Here and Now	2 - 3	Creativity Club	2 - 5	Activity Arvo
MONDAY 22 nd		TUESDAY 23 rd		WEDNESDAY 24 th		THURSDAY 25 th		FRIDAY 26 th	
11 - 12:30	Art Group <u>Making art with nature</u>	11-12	Blooming Minds	10 - 12	DBT-Lite	11-12	Coffee Crawl	10-12	CENTRE CLOSED
2 - 3	Healthy Connections	2 - 3	Music Appreciation						
		2 - 4	Jam Session	2 - 3	Here and Now	2 - 3	Creativity Club	2 - 5	
MONDAY 29 th		TUESDAY 30 th		WEDNESDAY 31 st		THURSDAY 1 st June		FRIDAY 2 nd June	
11-12:30	Art Group <u>Paint by numbers</u>	11-12	Blooming Minds	10 - 12	DBT-lite	11-12	Coffee Crawl	10-12	Cooking Club & Community Lunch Cost: \$3
2-3	Healthy Connections	2 - 3	Music Appreciation	1-2	COMMUNITY MEETING				
		3 - 4	Jam Session	CLOSING AT 3PM FOR TEAM MEETING		2 - 3	Creativity Club	2 - 5	Activity Arvo



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.

Jam Session

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

DBT-lite

DBT (Dialectical Behaviour Therapy) –lite group looks at the general overview of what we learn in structured DBT groups, and touch upon some modules and skills. This group is open and great for people if they want to dip their toes into it before they commit to the structured DBT program.

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

Activity Arvo

Active space for board games, in house games or playing ball in the park. A community initiative to staying active and fun on the last day of the week.

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



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