

MAY 2026

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

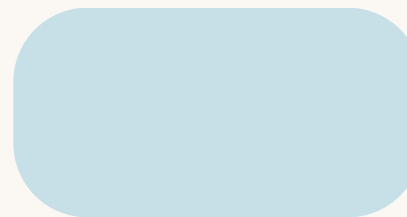
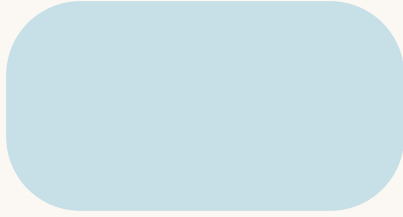
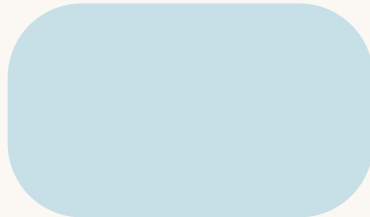
MON

TUE

WED

THU

FRI



1
10:30 - 12 Are we getting in our own way?
2 - 4 Karaoke

4
Closed for Public Holiday

5
10.30 - 12 Writing Reflections
2 - 3.30 Art Group

6
10.30 - 12 Lets Spill The Tea
2 - 3:30 Music Appreciation

7
10.30 - 12.00 DBT Lite
2 - 3:30 TRIVIA

8
10:30 - 12 Are we getting in our own way?
2 - 4 BBQ

11
10:30-12 Cooking Skills (\$5)
2 - 3:30 PeerZone

12
10 .30 - 12 Writing Reflections
2 - 3.30 Art Group

13
10 .30- 12 Lets Spill The Tea
2 - 3:30 Music Appreciation

14
10 .30 -12 DBT Lite
12 - 1 Community Meeting
2 - 3:30 TRIVIA

15
10:30 - 12 Are we getting in our own way?
2 - 4 Lets Buy some new Board Games!

18
10:30-12 Cooking Skills (\$5)
2 - 3:30 PeerZone

19
10.30 - 12 Writing Reflections
2 - 3.30 Art Group

20
10.30 - 12 Lets Spill the Tea
2M - 3.30 Music Appreciation

21
10.30 - 12 DBT Lite
2 - 3:30 TRIVIA

22
10:30 - 12 Are we getting in our own way?
2 - 4 Games Group

25
10:30-12 Cooking Skills (\$5)
2 - 3:30 PeerZone

26
10.30 - 12 Writing Reflections
2 - 3.30 Art Group

27
10 .30- 12 Lets Spill the Tea
3-5 Closed for staff meeting

28
10.30 - 12 DBT Lite
2 - 3:30 TRIVIA

29
10:30 - 12 Are we getting in our own way?
2 - 4 Table Tennis

Kitchen Skills

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

Writing Reflections

Through writing, we can process and organise our thoughts to find an effective course of action. Expressing what is going on for us is always the first step

Are We Getting In Our Own Way?

Have you ever noticed yourself getting close to the finish line only for things to fall apart? Has this happened more than once? In this group we will dig a little deeper to identify any self-defeating behaviours or thought patterns which could be undermining our long term goals and personal well being.

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.

Lets Spill the Tea

Are keen to try various teas? Want to mix your own blend? Join the group and enjoy weird and wonderful teas and great discussions!

PeerZone

Developed by peers for peers. PeerZone groups invite Mental Health and Addiction Recovery participants to build a more positive story of their lived experiences by exploring a wide variety of important recovery/life topics

Music Appreciation

Do you love listening to, discussing and seeing what emotions and thoughts different music has on you? Come along and share yours and others musical interests.

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!

Trivia

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

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

We strongly encourage our community members to join us and tell us whats been working and what groups they would like 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