



# Beenleigh

Bundjalung Country  
 Opening Hours:  
**Tuesday - Friday 9am – 5pm**  
**Saturday 10am - 3pm**  
 Address: 13A/20 Main Street Beenleigh  
 Phone: (07) 3339 1599

	Thursday 1 <sup>st</sup>		Friday 2 <sup>nd</sup>	Saturday 3 <sup>rd</sup>
9:30-10am Tues-Friday... Morning Gentle stretching for distress tolerance				
DECEMBER		11am-12pm Smart Recovery 2-3pm Music Group	CRISTMAS DECORATING & OUTREACH	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group & DBT Practice
Tuesday 6 <sup>th</sup>	Wednesday 7 <sup>th</sup>	Thursday 8 <sup>th</sup>	Friday 9 <sup>th</sup>	Saturday 10 <sup>th</sup>
9:30-10am Tues-Friday... Morning Gentle stretching for distress tolerance				
11am Chit change for change 2pm Art Group	COMMUNITY MEETING 11AM	11am-12pm Smart Recovery 2-3pm Music Group	CHRISTMAS DECORATING	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group & DBT Practice
Tuesday 13 <sup>th</sup>	Wednesday 14 <sup>th</sup>	Thursday 15 <sup>th</sup>	Friday 16 <sup>th</sup>	Saturday 17 <sup>th</sup>
9:30- 10am Tues-Friday... Morning Gentle stretching for distress tolerance				
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Tuesday 20 <sup>nd</sup>	Wednesday 21 <sup>st</sup>	Thursday 22 <sup>nd</sup>	Friday 23 <sup>rd</sup>	Saturday 24 <sup>th</sup>
9:30-10am Tues-Friday... Morning Gentle stretching for distress tolerance				
CHRISTMAS PARTY PREP	CHRISTMAS PARTY PREP.	CHRISTMAS COOKING	CHRISTMAS PARTY	Closed
Tuesday 27 <sup>th</sup>	Wednesday 28 <sup>th</sup>	Tuesday 29 <sup>th</sup>	Wednesday 30 <sup>th</sup>	Wednesday 31 <sup>st</sup>
Closed	Closed	Closed	Closed	Closed



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Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th
9:30-10am Tues-Friday... Morning Gentle stretching for distress tolerance				
Closed	Closed	Closed	Closed	Closed
Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th
9:30-10am Tues-Friday... Morning Gentle stretching for distress tolerance				
Welcome back let's check in	Welcome back let's check in	Welcome back let's check in	Welcome back let's check in	Welcome back let's check in
Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th
9:30- 10am Tues-Friday... Morning Gentle stretching for distress tolerance				
11am chit chat for change 2pm Art Group	COMMUNITY MEETING 11AM	11am-12pm Smart Recovery 2-3pm Music Group	10am-12pm Cooking Classes	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group & DBT Practice
Tuesday 20 <sup>nd</sup>	Wednesday 21st	Thursday 22nd	Friday 23rd	Saturday 24th
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Chit chat for change- discussions and skills building workshops for actively working towards what recovery looks like for you.

Art Group- individual and group art projects run by our community. This is a great group to join if you are new to Brook RED, it's pretty low key and a great way to meet some people who want to meet you.

People skills

SMART Recovery- Self Management And Recovery Training. Set a realistic goal for the next 7 days towards working on your mental health. A great group if you have some challenges with substance use. Harm minimisation on your terms.

Cooking Classes- Working towards intuitive eating and having a good relationship with food, come and learn how to cook some simple meals from a food loving chef who still loves cooking.

Music Group- A group for music appreciation NO musical skills required. Enjoy the emotions that music creates for you.

De clutter and check in- Set yourself and the centre up for the year with organisation for our community and our goals