



Roaming RED • February 2026

Meanjin
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Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Birds of Beenleigh
Inala Community HUB 1pm-3pm Diamond Art & Mental Health Chats	Beenleigh Neighbourhood Centre 11am-3pm Birds of Beenleigh	Cleveland Comfort Hotel 11-2 Movement Menu Light stretching	Beenleigh Neighbourhood Centre 11am-3pm DBT Lite	West End Community House 12pm-3pm Weekly check in, games & peer support	Find, discuss, draw, create & learn about the species of birds around Beenleigh. We will keep a record of their habitats, food and behaviours as well as doing some art projects relating to them.
Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	DBT Lite
Inala Community HUB 1pm-3pm Diamond Art & Mental Health Chats	Beenleigh Neighbourhood Centre 11am-3pm Birds of Beenleigh	Cleveland Comfort Hotel 11-2 Movement menu Make overnight oats \$3 contribution	Beenleigh Neighbourhood Centre 11am-3pm DBT Lite	West End Community House 12pm-3pm Weekly check in, games & peer support	An group introduction to the DBT skills including– Mindfulness, Emotional Regulation, Distress Tolerance and Interpersonal Effectiveness. Easy to understand and supportive, safe learning space
Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Diamond Art & MH Chats
Inala Community HUB 1pm-3pm Diamond Art & Mental Health Chats	Beenleigh Neighbourhood Centre 11am-3pm Birds of Beenleigh	Cleveland Comfort Hotel 11-2 Movement Menu Short walk by the water	Beenleigh Neighbourhood Centre 11am-3pm DBT Lite	West End Community House 12pm-3pm Weekly check in, games & peer support	Diamond Art is a very easy project to do individually while getting to know each other. Additionally if you have been having a rough time lately with your mental health come in and we'll have a chat.
Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Evening Eats
Inala Community HUB 1pm-3pm Diamond Art & Mental Health Chats EVENING EATS @ NORTON ST 5:30– 7:30 \$3	Beenleigh Neighbourhood Centre 11am-3pm Birds of Beenleigh	Cleveland Comfort Hotel 11-2 Movement Menu SMART Goals	Beenleigh Neighbourhood Centre 11am-3pm DBT Lite	West End Community House 12pm-3pm Weekly check in, games & peer support	Come and help prepare and enjoy a meal together on the Monday 30th from 5:30-7:30. There is a contribution of \$3
				Movement Menu	Our Groups
				All types of movement and eating and how they affect our MH. Come for an activity or just to see if it is right for you. Look at the calendar for activities this month.	In general we usually have a few options for activities on site with us while we chat. Please feel free to come along and interact as much or as little as you please. We're here to work at your pace.