

FEBUARY 2026

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

MON

TUE

WED

THU

FRI

2

10:30- 12 PM Cooking Group (\$5)
2PM - 3:30PM DBT-Lite

3

10 AM - 12 PM Poetry 101
2PM - 3:PM Art Group

4

10 AM - 12 PM Gardening Group
2PM - 3:30PM Social Strategies ft.DBT

5

10 AM - 12 PM Coffee Crawl (\$2)
2PM - 3:30PM TRIVIA

6

10:30 - 12 PM What's Up Weekend?
2 PM - 4PM Karaoke

9

10:30- 12 PM Cooking Group (\$5)
2PM - 3:30PM DBT-Lite

10

10 AM - 12 PM Poetry 101
2PM - 3:PM Art Group

11

10 AM - 12 PM Gardening Group
2PM - 3:30PM Social Strategies ft.DBT

12

10 AM - 12 PM Coffee Crawl (\$2)
2PM - 3:30PM TRIVIA

13

10:30 - 12 PM What's Up Weekend?
2 PM - 4PM Movie

16

10:30- 12 PM Cooking Group (\$5)
2PM - 3:30PM DBT Lite

17

10 AM - 12 PM Poetry 101
2PM - 3:PM Art Group

18

10 AM - 12 PM Gardening Group
2PM - 3:30PM Social Strategies ft.DBT

19

10 AM - 12 PM Coffee Crawl (\$2)
2PM - 3:30PM TRIVIA

20

10:30 - 12 PM What's Up Weekend?
2 PM - 4PM BBQ Lunch

23

10:30- 12 PM Cooking Group (\$5)
2PM - 3:30PM DBT Lite

24

10 AM - 12 PM Poetry 101
2PM - 3:PM Art Group

25

10 AM - 12 PM Gardening Group
3PM - 5PM Centre Closed

26

10 AM - 12 PM Coffee Crawl (\$2)
2PM - 3:30PM TRIVIA

27

10:30 - 12 PM What's Up Weekend?
2 PM - 4PM Games

Cooking Group

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

Poetry 101

Make a few silly ditties and hide a smile from a dirty limerick!
We'll make some verses together, and get a chance to share your favourite poem for an easy going slam.

What's Up Weekend?

Ever get stuck wondering what to get up to on the weekend? This interactive group helps us find new, exciting and affordable entertainment. Brisbane does offer more than we're aware of!

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.

Coffee Crawl

Join us for a coffee crawl around local cafes. We will grab a coffee, have some chat and spend time together as community. People are encouraged to engage at their own pace and no need to be a coffee expert—just come as you are.

Participation requires a \$2 donation.

Social Strategies ft.DBT

A non-judgmental group where we discuss how to healthily navigate social interactions. This group involves content based on the DBT module "Interpersonal Effectiveness".

Gardening Group

Brook Red has quite the garden going! Everything from decorative through to edible. If you're an experienced green thumb or would like to know how to help our green friends thrive, come along and join in!

Trivia

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

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!

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

Centre Opening Hours

Monday to Friday
9:30 AM - 5 PM

88 Norton Street Upper Mt Gravatt
3343 9282

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

JANUARY 2026

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

MON

TUE

WED

THU

FRI

5

10:30- Cooking Group
12 PM (\$5)
2PM - 3:30PM DBT-Lite

6

10 AM - 12 PM Navigating Interactions
2PM - 3:PM Art Group

7

10 AM - 12 PM Gardening Group
2PM - 3:30PM Celebrity Heads

1

10 AM- 12 PM Individual Support
2PM - 3:30PM TRIVIA

2

10:30-What's Happening in
12 PM Brisvegas
2 PM - 4PM Karaoke

12

10:30- Cooking Group
12 PM (\$5)
2PM - 3:30PM DBT Lite

13

10 AM - 12 PM Navigating Interactions
2PM - 3:PM Art Group

14

10 AM - 12 PM Gardening Group
2PM - 3:30PM Celebrity Heads

15

10 AM- 12 PM Individual Support
2PM - 3:30PM TRIVIA

16

10:30-What's Happening in
12 PM Brisvegas
2 PM - 4PM BBQ Lunch

19

10:30- Cooking Group
12 PM (\$5)
2PM - 3:30PM DBT Lite

20

10 AM - 12 PM Navigating Interactions
2PM - 3:PM Art Group

21

10 AM - 12 PM Gardening Group
2PM - 3:30PM Celebrity Heads

22

10 AM- 12 PM Individual Support
2PM - 3:30PM TRIVIA

23

10:30-What's Happening in
12 PM Brisvegas
2 PM - 4PM Movie

26

Centre Closed
Public Holiday

27

10 AM - 12 PM Navigating Interactions
2PM - 3:PM Art Group

28

10 AM - 12 PM Gardening Group
2PM - 3:30PM Celebrity Heads

29

10 AM- 12 PM Individual Support
2PM - 3:30PM TRIVIA

30

10:30-What's Happening in
12 PM Brisvegas
2 PM - 4PM Games

Cooking Group

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

Individual Support

Drop in for an individual chat with one of our lived-experience peer workers about how things are going for you at the moment.

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

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Celebrity Heads

Join the BrookRED version of Celebrity Heads. This involves working together as a group, asking questions to uncover a famous fictional or non-fictional character generated by a staff member.

Navigating Interactions

A non-judgmental group based approach to 3D mapping how we approach conversations, friendships and relationships.

Fridays

Each Friday is a different activity. Whether it be singing with karaoke, having a bbq, visiting other community spaces, or enjoying some snacks while watching a movie.

What's Happening in Brisvegas

Ever get stuck wondering what to get up to on the weekend? This interactive group helps us find new, exciting and affordable entertainment. Brisbane does offer more than we're aware of!

Games

Enjoy a board game with friends? Are you the next Monopoly King? Show your wordsmithing in Scattergories? Feel like upping your UNO game? all games and levels are welcome!

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

Gardening Group

Brook Red has quite the garden going! Everything from decorative through to edible. If you're an experienced green thumb or would like to know how to help our green friends thrive, come along and join in!

Trivia

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

Xmas Food Prep Group

A group dedicated to preparing Xmas snacks for the end of year season. Participation requires \$5 donation.

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