

# FEBUARY 2026

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

MON	TUE	WED	THU	FRI
<div><div>2</div><div><div>10:30-12 PM</div><div>Cooking Group (\$5)</div></div><div><div>2PM - 3:30PM</div><div>DBT-Lite</div></div></div>	<div><div>3</div><div><div>10 AM - 12 PM</div><div>Poetry 101</div></div><div><div>2PM - 3:PM</div><div>Art Group</div></div></div>	<div><div>4</div><div><div>10 AM - 12 PM</div><div>Gardening Group</div></div><div><div>2PM - 3:30PM</div><div>Social Strategies ft.DBT</div></div></div>	<div><div>5</div><div><div>10 AM - 12 PM</div><div>Coffee Crawl (\$2)</div></div><div><div>2PM - 3:30PM</div><div>TRIVIA</div></div></div>	<div><div>6</div><div><div>10:30 - 12 PM</div><div>What's Up Weekend?</div></div><div><div>2 PM - 4PM</div><div>Karaoke</div></div></div>
<div><div>9</div><div><div>10:30-12 PM</div><div>Cooking Group (\$5)</div></div><div><div>2PM - 3:30PM</div><div>DBT-Lite</div></div></div>	<div><div>10</div><div><div>10 AM - 12 PM</div><div>Poetry 101</div></div><div><div>2PM - 3:PM</div><div>Art Group</div></div></div>	<div><div>11</div><div><div>10 AM - 12 PM</div><div>Gardening Group</div></div><div><div>2PM - 3:30PM</div><div>Social Strategies ft.DBT</div></div></div>	<div><div>12</div><div><div>10 AM - 12 PM</div><div>Coffee Crawl (\$2)</div></div><div><div>2PM - 3:30PM</div><div>TRIVIA</div></div></div>	<div><div>13</div><div><div>10:30 - 12 PM</div><div>What's Up Weekend?</div></div><div><div>2 PM - 4PM</div><div>Movie</div></div></div>
<div><div>16</div><div><div>10:30-12 PM</div><div>Cooking Group (\$5)</div></div><div><div>2PM - 3:30PM</div><div>DBT Lite</div></div></div>	<div><div>17</div><div><div>10 AM - 12 PM</div><div>Poetry 101</div></div><div><div>2PM - 3:PM</div><div>Art Group</div></div></div>	<div><div>18</div><div><div>10 AM - 12 PM</div><div>Gardening Group</div></div><div><div>2PM - 3:30PM</div><div>Social Strategies ft.DBT</div></div></div>	<div><div>19</div><div><div>10 AM - 12 PM</div><div>Coffee Crawl (\$2)</div></div><div><div>2PM - 3:30PM</div><div>TRIVIA</div></div></div>	<div><div>20</div><div><div>10:30 - 12 PM</div><div>What's Up Weekend?</div></div><div><div>2 PM - 4PM</div><div>BBQ Lunch</div></div></div>
<div><div>23</div><div><div>10:30-12 PM</div><div>Cooking Group (\$5)</div></div><div><div>2PM - 3:30PM</div><div>DBT Lite</div></div></div>	<div><div>24</div><div><div>10 AM - 12 PM</div><div>Poetry 101</div></div><div><div>2PM - 3:PM</div><div>Art Group</div></div></div>	<div><div>25</div><div><div>10 AM - 12 PM</div><div>Gardening Group</div></div><div><div>3PM - 5PM</div><div>Centre Closed</div></div></div>	<div><div>26</div><div><div>10 AM - 12 PM</div><div>Coffee Crawl (\$2)</div></div><div><div>2PM - 3:30PM</div><div>TRIVIA</div></div></div>	<div><div>27</div><div><div>10:30 - 12 PM</div><div>What's Up Weekend?</div></div><div><div>2 PM - 4PM</div><div>Games</div></div></div>

### 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
			1	2
5 10:30-12 PM Cooking Group (\$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	8 10 AM-12 PM Individual Support 2PM - 3:30PM TRIVIA	9 10:30-12 PM What's Happening in Brisvegas 2 PM - 4PM Karaoke
12 10:30-12 PM Cooking Group (\$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 10:30-12 PM What's Happening in Brisvegas 2 PM - 4PM BBQ Lunch
19 10:30-12 PM Cooking Group (\$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 10:30-12 PM What's Happening in 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 10:30-12 PM What's Happening in 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

### 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.

### 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!

### 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

### 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.

### Navigating Interactions

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

### 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!

### 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!

### 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

### 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.

### Xmas Food Prep Group

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

### 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

### 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