

# Norton Street • APRIL 2025

Address: 88 Norton Street, Upper Mt Gravatt

Centre hours: Mon - Fri: 9:30am - 5pm

Phone: 3343 9282

Monday 31st MARCH		Tuesday 1st APRIL		Wednesday 2ND APRIL		Thursday 3RD APRIL		Friday 4TH APRIL	
10:30 - 12	<b>Cooking + Lawn Mowing</b>	9:45 - 12	<b>Get Moving</b>	10 - 12	<b>Self care</b>	10-12	<b>Photography + Coffee crawl BYO \$\$</b>	All day	<b>CLOSED FOR TEAM DAY</b>
2 - 3	<b>DBT LITE</b>	2 - 3	<b>Art Group: Shrinky Dinks</b>	1 - 3	<b>Journalling</b>	2- 3:30	<b>Trivia</b>		<b>WARMLINE AVAILABLE 5PM-9PM</b>

MONDAY 7th		TUESDAY 8th		WEDNESDAY 9th		THURSDAY 10th		FRIDAY 11th	
10:30 - 12	<b>Cooking group \$5</b>	9:45 - 12:00	<b>Get Moving</b>	10 - 12	<b>Games group (indoors)</b>	10 - 12	<b>Photography + Coffee crawl BYO \$\$</b>	11—1	<b>Outing: LUNCH Kebab Palace (BYO \$\$)</b>
2 - 3	<b>DBT LITE</b>	2 - 3	<b>Art Group: Material weaving (bring old shirts)</b>	1 - 3	<b>Sports Skill</b>	2 - 3:30	<b>Trivia</b>	2—4	<b>KARAOKE</b>

MONDAY 14th		TUESDAY 15th		WEDNESDAY 16th		THURSDAY 17th		FRIDAY 18th	
10:30 - 12	<b>Cooking + Lawn mowing</b>	9:45 - 12:00	<b>Get Moving</b>	10 - 12	<b>EPIC Employment Services</b>	10 - 12	<b>Photography + Coffee crawl BYO \$\$</b>	ALL DAY	<b>CLOSED—EASTER LONG WEEKEND</b>
2 - 3	<b>DBT LITE</b>	2 - 3	<b>Art Group: Macrame shelves</b>	1 - 3	<b>Sports Skill</b>	2 - 3:30	<b>Community Meeting</b>		<b>WARMLINE AVAILABLE 5PM-9PM</b>

MONDAY 21st		TUESDAY 22nd		WEDNESDAY 23rd		THURSDAY 24th		FRIDAY 25th	
ALL DAY	<b>CLOSED—EASTER LONG WEEKEND</b>	9:45 - 12:00	<b>Get Moving</b>	10 - 12	<b>Games group (indoors)</b>	10 - 12	<b>Photography + Coffee crawl BYO \$\$</b>	ALL DAY	<b>CENTRE CLOSED—PUBLIC HOLIDAY</b>
	<b>WARMLINE AVAILABLE 5PM-9PM</b>	2 - 3	<b>Art Group: Flow art</b>	1 - 3	<b>Sports Skill</b>	2 - 3:30	<b>Trivia</b>		<b>WARMLINE AVAILABLE 5PM-9PM</b>

Monday 28th		Tuesday 29th		Wednesday 30th		Thursday 1st MAY		Friday 2nd MAY	
10:30 - 12	<b>Cooking + lawn mowing</b>	9:45 - 12:00	<b>Get Moving</b>	10 - 12	<b>Games group (indoors)</b>	10 - 12	<b>Photography + Coffee crawl BYO \$\$</b>	ALL DAY	<b>Outing: Toohey state forest BUSH WALK</b>
2 - 3	<b>DBT LITE</b>	2 - 3	<b>Art Group: Zen angle</b>	1 - 3	<b>CENTRE CLOSED IN THE AFTERNOON</b>	2 - 3:30	<b>Trivia</b>	2—4	<b>KARAOKE</b>

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## Lawn mowing + Cooking Group

Gardening and lawn mowing session at the community centre while we cook up a nice meal for the participants. Either join us for some yard work or help out in the kitchen.

## Get Moving

Staying active can do wonders for our mental health and wellbeing. So lets explore some that may work for you ! Every week, we aim to try out different things within a gym environment. All fitness levels are welcome and participation in encouraged at your own pace.

## Photography + coffee crawl

On Community request, we explore using our smart phones camera tricks and practice photography. Great opportunity to grab a coffee and test out our skills.

You don't need a fancy camera for this group.

BYO \$\$ for coffee

## 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

## Outing

Join the team for a fun experience exploring. Please arrive at Norton Street by 10am or meet us at the outing location (phone to let us know). **Sign up is essential**

## Games Group

Get to know the community as you show off your board gaming skills. Whether its monopoly or yatzee, we come together as a group and train our brains one board game at a time.

## Community Meeting

Once a month, we like to discuss how the community is running. A good time to have your say about how the centre is run and if there are any changes you would like to make.

## DBT-lite

A non-committal, chill version of a DBT (abridged) group that covers the major DBT skills. It's a great way to dip your toes in if you are considering committing to the more structured one, or if you want to refresh your skills. It doesn't require people to do any home practice, however it is always encouraged. Walk-ins are welcome

## Karaoke

A fun sing along and Karaoke arvo for the whole community. Come join us for a fun, non-judgemental space where everyone is welcome.

## Music Group

Facilitated by a community member, this group looks at different musical talents people have. A jam session for people who love to express themselves with music. Grab a guitar, play the drums and sing some tunes.

## Trivia

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

## Sports Skill

Lets learn a new skill that is part of physical activity. A range of activities are on offer to engage in as a group, whether we can learn to swing a tennis racket or kick a soccer ball. We can learn something new to help improve and maintain our mental health.