



NOVEMBER

BUNDJALUNG COUNTRY 13A/20 MAIN STREET BEENLEIGH PH: (07) 3339 1599 TUES-FRI 9:30-5pm

	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th
Journaling and Mindfulness daily				
	10:30am DBT-LITE (Accumulate Positive Emotions) 2pm Brain Games	10:30am Bush Poetry 2pm Art Group	10:30am Cooking Group (\$5) Community Meeting 2pm Yoga	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th
Journaling and Mindfulness daily				
10:30am Chit Chat for Change (Quitting smoking) 2pm Park Peers	10:30am Life Skills 2pm Art Group	10:30am DBT-LITE (Build Mastery) 2pm Creativity Club	10:30am Cooking Group (\$5) 2pm Yoga	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th
Journaling and Mindfulness daily				
10:30am Chit Chat for Change (Alcohol and Drugs) 1pm Bushwalking	10:30am Life Skills 2pm Art Group	10:30am DBT-LITE (Cope Ahead) 2pm Creativity Club	10:30am Cooking Group (\$5) 2pm Yoga	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th
Journaling and Mindfulness daily				
10:30am Chit Chat for Change (Getting a good sleep) 1pm Bushwalking	10:30am Life Skills 2pm Art Group	10:30am DBT-LITE (P.L.E.A.S.E) 2pm Creativity Club	10:30am Cooking Group (\$5) CLOSED 2pm CO-Reflection	DBT (Closed Group) 10am-2pm Enquiries @ 0455 216 810
Tuesday 28th	Wednesday 29th	Thursday 30th		
Journaling and Mindfulness daily				
10:30am Chit Chat for Change (Dealing with self-stigma) 1pm Bushwalking	10:30am Life Skills 2pm Art Group	10:30am DBT-LITE (Mindfulness of Current Emotions) 2pm Creativity Club		

Chit Chat for Change – discussions and skills building workshops for actively working towards what recovery looks like for you.

D.B.T. Lite – A relaxed-paced introduction to some of the skills employed in Dialectical Behaviour Therapy focusing on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. No bookings necessary.

Creativity Club – A supportive space to exercise your creative muscles and grow your self-confidence. Bring along something you've made or enjoyed to Show & Tell, take part in our Mindful Media discussions and challenge yourself with games designed to bring out your inner creative.

Chair YOGA – Getting used to movement can be difficult, join us at whatever level you are at and start feeling good again. Yep you can do yoga sitting down ;)

Mindfulness/ Breath work/ Ice baths – practice skills in self-care with the support of peer workers.

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.

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.

Journaling – Reframe, problem solve, check in with yourself, or whatever you need on the day.

Bushwalking – explore local natural spots, no experience required. Please bring hat, sunscreen, walking shoes, water bottle, and a snack to participate.

Life Skills – learning life skills like communication, budgeting, resumes and more with a focus on holistic recovery.

Share your interest – New interests are an important part of our holistic recovery. Do you have a new interest you want to share with us, we'd love to hear about it :)