

ROAMING RED

MON

INALA

6 CLOSED FOR PUBLIC HOLIDAY

13 1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

20 1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

27 1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

TUES

BEENLEIGH

7 11 AM - 3 PM
COOKING GROUP

14 11:30 AM- 12:30
PEER ZONE
1 PM - 2 PM
SMART RECOVERY
2 PM - 3 PM
Birds of Beenleigh

21 11 AM - 3 PM
COOKING GROUP
2 PM - 3 PM
COMMUNITY MEETING

28 11:30 AM- 12:30
PEER ZONE
1 PM - 2 PM
SMART RECOVERY
2 PM - 3 PM
Birds of Beenleigh

THUR

UPPER MT GRVATT

2 5PM - 8PM
Cooking Group @
Brook RED centre

9 5PM - 8PM
Cooking Group @
Brook RED centre

16 5PM - 8PM
Cooking Group @
Brook RED centre

23 5PM - 8PM
Cooking Group @
Brook RED centre

30 5PM - 8PM
Cooking Group @
Brook RED centre

FRI

WEST END

3 CLOSED FOR PUBLIC HOLIDAY

10 12PM - 3PM
Drop in space
1pm- 2:30pm
MENTAL HEALTH CHATS

17 12PM - 3PM
Drop in space
1pm- 2:30pm
MENTAL HEALTH CHATS

24 12PM - 3PM
Drop in space
1pm- 2:30pm
MENTAL HEALTH CHATS

More details on page 2

ONLINE

WEDNESDAYS
5:15 pm - 6:15 pm

AFTER HOURS RECOVERY SUPPORT

A peer support group that focuses on winding down, grounding ourselves and reducing isolation by focusing on the present.

No prior sign up required.

ZOOM Group Meeting ID:
889 4034 5572
Passcode: **946104**

THURSDAYS
3PM - 4PM

WEEKLY RECOVERY GROUP

A 6 week peer support group that focuses on building recovery skills, insight, hope and connection.

No prior sign up required

ZOOM Group Meeting ID:
865 3938 1906
Passcode: **292834**

over 26

M

**1PM - 3PM
Arts & Crafts @
INALA Community Hub**

Join us at Inala Community Hub for a chat and while doing some mindful artsy stuff. Make Key chains, or paint do a canvas.

**5PM - 7PM
SUNSET SESH Outing**

Exploring Sunsets from different points of Brisbane. Each week, we drive to a different spot, admire the sunset and practice some mindfulness. The Van leaves from the Community Centre, at 4:30 PM. You can drive down with us, or meet us there. Please call and sign up so that we know to expect you

TU

Cooking Group

A life skills building group, where we learn to prep, cook and eat together as a community.
Gold coin Donation

PEER ZONE

Discussion based group that explores different parts of our mental health and their impact

SMART RECOVERY

Recovery focused group that helps individuals overcome substance dependencies and other habits they want to change

BIRDS OF BEENLIEGH

A community run, chill group, where we explore different birds and learn together

TH

5PM - 8PM

**Cooking Group @
Brook RED centre**

At our community centre at Upper Mount Gravatt, join us for a dinner after hours. This is a good group for those who want to learn cooking, experiment with a new recipe.

Address : 88 Norton Street, Upper Mount Gravatt 4122, QLD

This group costs a bit more to \$5

F

**WEST END
COMMUNITY HOUSE**

12PM - 3PM

Peer Workers are available at WECH 12-3PM, every Friday

12PM - 1PM

Drop in Space

1 PM - 2:30 PM

Mental health chats
Structured Mental Health focused group that explores themes like, relationship with our health, self-care, meaning and purpose growth etc

ONLINE

WEDNESDAY

5:15 PM - 6:15 PM

AFTER HOURS
RECOVERY SUPPORT

WEEK 1 - Getting through the night safely

WEEK 2 -Managing urges without acting on them

WEEK 3 -Calming a racing mind

WEEK 4 - Coping with loniliness

WEEK 5 - When the day didnt go well

WEEK 6 - Creating a soothing Night Routine

ONLINE

THURSDAYS

3PM - 4PM

WEEKLY RECOVERY
GROUP

WEEK 1 - Understanding my Early Warning Signs

WEEK 2 - Self-compassion on Difficult days

WEEK 3 - Boundaries and protecting my energy

WEEK 4 - reclaiming identity beyond diagnosis

WEEK 5 - Buildng a personal coping toolkit

WEEK 6 - Recognising Growth & Small wins

For all enquiries, please contact Sarah

Email : saraha@brookred.org.au

Phone: 07 3343 9282

UPCOMING CLOSURES - Brook RED groups are closed on public holidays, or certain staff training days. For APRIL, please find the following dates

Easter Holidays - Friday 3rd April and Monday 6th April

april '26