

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 Goup

7

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

1

8

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

2

9

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

12

10:30- Cooking Group
12 PM (\$5)
2PM - 3:30PM Xmas Shopping

13

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

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 Xmas Shopping

20

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

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 Goup

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

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

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!

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.

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

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88 Norton Street Upper Mt Gravatt
3343 9282