

ROAMING RED

MON

INALA

7

1PM - 3PM

Leather Craft

INALA Community Hub

5PM - 7PM

SUNSET SESH Outing

14

1PM - 3PM

Arts & Crafts @

INALA Community Hub

5PM - 7PM

SUNSET SESH Outing

21

1PM - 3PM

Arts & Crafts @

INALA Community Hub

5PM - 7PM

SUNSET SESH Outing

28

1PM - 3PM

Arts & Crafts @

INALA Community Hub

5PM - 7PM

SUNSET SESH Outing

TUES

BEENLEIGH

2

11 AM - 2:00 PM

COOKING GROUP

Chkn Ceaser Salad

2 PM - 3 PM

MOTIVATIONAL GOALS

8

11:30 AM- 12:30

SMART RECOVERY

1 PM - 3 PM

Sport Activities @ Alexander

Park

15

11 AM - 2:00 PM

COOKING GROUP

Triple Choc Brownies

2 PM - 3 PM

Community Meeting

22

11:30 AM- 12:30

ART

making Jellyfish

12:30- 3PM

Peer Chats and chill

29

11:30 AM- 12:30

GOAL MAKING

Review and Reflection

2 PM - 3 PM

Chill Afternoon

FRI

WEST END

4

12PM - 3PM

Drop in space

1pm- 2:30pm

Music appreciation

group and games

11

12PM - 3PM

Outing to the Museum

18

12PM - 3PM

Drop in space

1pm- 2:30pm

Trivia

25

12PM - 3PM

Community Meeting &

BBQ

September 26

September 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.

At Leathercraft, we are learning a new skill together and chat about little ways we make ourselves resilient

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

ART GROUP

Get creative with the community and explore some fun art techniques

F

WEST END
COMMUNITY HOUSE

12PM - 3PM

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

DROP IN SPACE

Come for the social connection, chats and fun

MUSIC
APPRECIATION

Everyone shares their favourite song at the moment. Listen to new jams and discuss what you love about it

TRIVIA

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

For all enquiries, please contact Sarah

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