



BEENLEIGH CALENDAR

MAY 2022

Bundjalung Country

Opening Hours:
 Tuesday - Friday 9:30am – 5pm
 Saturday 10am - 3pm
 Address: 13A/20 Main Street Beenleigh
 Phone: (07) 3339 1599

Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th	Saturday 7 th
10am One on One Support & WALKING GROUP 1pm Arts and Crafts 2pm COMMUNITY MEETING 3pm Out and About	10am Healthy Me 1pm Community Lunch (Sign up cut off at 11am) \$3	10am One on One Support 11am Games Group 3pm Chit Chat Group	10am Community Outing 1pm Community Lunch (Sign up cut off at 11am) \$3 3pm Screen Time	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group What do we want to do in June? & DBT Practice
Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th	Saturday 14 th
10am One on One Support & WALKING GROUP 1pm Arts and Crafts 3pm Out and About	10am Healthy Me 1pm Community Lunch (Sign up cut off at 11am) \$3	10am One on One Support 11am Games Group 3pm Chit Chat Group	10am Community Outing 1pm Community Lunch (Sign up cut off at 11am) \$3 3pm Screen Time	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group & DBT Practice
Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th	Saturday 21 st
10am One on One Support & WALKING GROUP 1pm Arts and Crafts 3pm Out and About	10am Healthy Me 1pm Community Lunch (Sign up cut off at 11am) \$3	10am One on One Support 11am Games Group 3pm Chit Chat Group	10am Community Outing 1pm Community Lunch (Sign up cut off at 11am) \$3 3pm Screen Time	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group Recap -What do we want to do in June? & DBT Practice
Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th	Saturday 28 th
10am One on One Support & WALKING GROUP 1pm Arts and Crafts 3pm Out and About	10am Healthy Me 1pm Community Lunch (Sign up cut off at 11am) \$3	10am One on One Support 11am Games Group 3pm Chit Chat Group	10am Community Outing 1pm Community Lunch (Sign up cut off at 11am) \$3 3pm Screen Time	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group & DBT Practice

Tuesday 31st

BEENLEIGH, HIGHGATE & CAPALABA CENTRE CLOSED!
 Feel free to check out Mt.Gravatt ☺

Thursdays 11am - 1pm- The centre will be closed for DBT Skills Group and we will be using the outdoor area for drop-ins and games group.

Please sign up in advance for **One on One Support**, **Community Lunch** & **Community Outings**, as spaces are limited.

Our program may change if there are Covid-19 restrictions in place.

Our groups are facilitated by a peer worker for members to explore an area of wellbeing in a safe environment and are run using the wisdom of the group on the day.