

August 26

MON
INALA

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

10
1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

17
1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

24
1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

31
1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

ROAMING RED

TUES
BEENLEIGH

4
11 AM - 2:00 PM
COOKING GROUP
Honey Soy Chkn bites w Rice
2 PM - 3 PM
PEER ZONE

11
11:30 AM- 12:30
SMART RECOVERY
1 PM - 3 PM
Free afternoon @ the Park

18
11 AM - 2:00 PM
COOKING GROUP
Mars Bar Slices
2 PM - 3 PM
PEER ZONE

25
11:30 AM- 12:30
ART
1 PM - 2 PM
Community Meeting

FRI
WEST END

7
12PM - 3PM
Drop in space
1pm- 2:30pm
Music appreciation
group and games

14
12PM - 3PM
Outing to GOMA

21
12PM - 3PM
Drop in space
1pm- 2:30pm
Trivia

28
12PM - 3PM
Community Meeting &
BBQ

August 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

ART GROUP

Get creative with the community and explore some fun art techniques

For all enquiries, please contact Sarah

Email : saraha@brookred.org.au

Phone: 07 3343 9282

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