



# NORTON STREET

December 2022 Calendar | (ph.: 3343 9282)



MONDAY 28 <sup>th</sup> November		TUESDAY 29 <sup>th</sup>		WEDNESDAY 30 <sup>th</sup>		THURSDAY 1 <sup>st</sup> December		FRIDAY 2 <sup>nd</sup>	
11am - 12:30pm	<b>Art Group</b>	11am - 12pm	<b>Spring into Action: Group Walk</b>	11am - 12pm	<b>Managing a Messy Mind</b>	11am - 12pm	<b>Coffee Crawl</b>	10am – 2pm	<b>Community Outing: Ipswich Nature Centre</b> <u>Signup required</u>
		2pm - 3pm	<b>Music Appreciation</b>						
4pm - 7pm	<b>Community Dinner</b> <u>Cost: \$3</u>	3pm - 4pm	<b>Music Jam Session</b>	2pm - 4pm	<b>Dungeons &amp; Dragons</b>	2pm - 3pm	<b>Creative Confidence</b>		
				4pm - 7pm	<b>Community Dinner</b> <u>Cost: \$3</u>				
MONDAY 5 <sup>th</sup>		TUESDAY 6 <sup>th</sup>		WEDNESDAY 7 <sup>th</sup>		THURSDAY 8 <sup>th</sup>		FRIDAY 9 <sup>th</sup>	
11am - 12:30pm	<b>Art Group</b>	11am - 12pm	<b>Spring into Action: Garden Working Bee</b>	12:30 – 1:30pm	<b>COMMUNITY MEETING + BBQ LUNCH</b>	11am - 12pm	<b>Coffee Crawl</b>	10am – 2pm	<b>Community Outing: Walkabout Creek</b> <u>Signup required</u>
		4pm - 7pm	<b>Community Dinner</b> <u>Cost: \$3</u>						
4pm - 7pm	<b>Community Dinner</b> <u>Cost: \$3</u>			4pm - 7pm	<b>Community Dinner</b> <u>Cost: \$3</u>	2pm - 3pm	<b>Creative Confidence</b>		
MONDAY 12 <sup>th</sup>		TUESDAY 13 <sup>th</sup>		WEDNESDAY 14 <sup>th</sup>		THURSDAY 15 <sup>th</sup>		FRIDAY 16 <sup>th</sup>	
11am - 12:30pm	<b>Art Group</b>	11am - 12pm	<b>Spring into Action: Garden Working Bee</b>	<b>CENTRE CLOSING AT 3PM</b> <b>No dinner</b>		11am - 12pm	<b>Coffee Crawl</b>	10am – 2pm	<b>Community Outing: Botanical Gardens</b> <u>Signup required</u>
		2pm - 3pm	<b>Music Appreciation</b>						
4pm - 7pm	<b>Community dinner</b> <u>Cost: \$3</u>	3pm - 4pm	<b>Music Jam Session</b>			2pm - 3pm	<b>Creative Confidence</b>		
MONDAY 19 <sup>th</sup>		TUESDAY 20 <sup>th</sup>		WEDNESDAY 21 <sup>st</sup>		THURSDAY 22 <sup>nd</sup>		FRIDAY 23 <sup>rd</sup>	
<b>Holiday Activities</b>		<b>Holiday Activities</b>		<b>Holiday Activities</b>		<b>Holiday Activities</b>		<b>Holiday Activities</b>	
<b>No dinner this week</b>				<b>No dinner this week</b>					
MONDAY 26 <sup>th</sup>		TUESDAY 27 <sup>th</sup>		WEDNESDAY 28 <sup>th</sup>		THURSDAY 29 <sup>th</sup>		FRIDAY 30 <sup>th</sup>	

**Brook RED service closure – Our Community Centres and Warm Line will be taking a break from the 23<sup>rd</sup> of December and reopening on Monday the 9<sup>th</sup> of January.**

We thank you for being a part of the Brook RED community and wish you a restful and restorative holiday 😊



**Address:** 88 Norton Street, Upper Mt Gravatt | **Hours:** Mon, Wed: 9:30am – 7pm | Tues, Thurs, Fri: 9:30am – 5pm | **Warm Line:** Mon - Fri: 5pm – 9pm



## NORTON STREET CALENDAR INFORMATION



### 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.

### Healthy Connections

Explore creative ways to make meaningful and fulfilling connections in our personal lives, with our peers and community.

### Spring into Action

Join us in getting out into nature! We get active and embrace nature weekly by going for walks in the local areas or tending to our garden which is filled with many vegetables and flowers.

**Tuesday 1st** - Walk

**Tuesday 8th** – Mega Garden Working Bee

**Tuesday 15th** - Walk

**Tuesday 29th** - Garden

### Music Appreciation

A respectful space to explore your musical journey and music appreciation. Open up your mind to different types of music and explore the feelings that arise with self-compassion and acceptance through fun explorative activities.

### Music Jam Session

Bring your own instrument or use one of ours, to jam out with some likeminded people.

### Managing a Messy Mind

Explore experiences and coping skills to help manage stress, anxiety, intrusive thought, panic, distress and obsessive thinking.

### Dungeons & Dragons

A fun fantasy role-playing game that can enhance your self-esteem, problem-solving skills, and social skills. No experience is needed to participate, just bring yourself and your creativity.

### Coffee Crawl

Join us for a walk to a local café where we can chat about life, recovery and the ups and downs of mental wellness over a nice cappuccino.

### Community Meeting

Have your say on how your community runs! Join us on the first Wednesday of every month to have your say and get updates on the future of the community (and enjoy a BBQ too).

### Creative Confidence

A fun and light hearted group designed to build creativity and self-confidence. Embrace your silly side with drama games, out of the box thinking and creative problem solving activities. All welcome!

### Community Outing

Come along and join the gang in exploring Brisbane and the surrounding areas.

**Friday 4th** – Ipswich Nature Centre

**Friday 11th** – Walkabout Creek

**Friday 18th** – Movie

**Friday 25th** - Botanical Garden + Planetarium

**Friday 2nd** - GOMA via bus (please bring go-card)

### DBT Skills Group

DBT (Dialectical Behaviour Therapy) Skills Group is a 13 week course covering Mindfulness, Emotion Regulation, Interpersonal Effectiveness and Distress Tolerance. This is a closed group and sign up is essential. For more information contact [maddyl@brookred.org.au](mailto:maddyl@brookred.org.au)

### Community Dinner - \$3

Join us on Mondays and Wednesdays for community dinner! Sign up before 4pm. Pitch in to help plan, cook or clean.

