



Beenleigh

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

Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th	Saturday 8 ^h
9:30-10am Tues-Friday... Morning Gentle stretching for distress tolerance				
11am Chit chat for change 2pm Art Group	11am Community Lunch \$3 2pm-3pm Belong in your body	11am-12pm Smart Recovery 2-3pm Music Group	10am Community Outing- Mount Cootha botanical Gardens	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group & DBT Practice
Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th	Saturday 15 th
9:30-10am Tues-Friday... Morning Gentle stretching for distress tolerance				
11am Chit change for change COMMUNITY MEETING 2pm Art Group	11am Community Lunch \$3 2pm-3pm Belong in your body	11am-12pm Smart Recovery 2-3pm Music Group	10am Community Outing- Mental Health Week, Powerhouse Expo.	10am - 11am Coffee Crawl Trip to Greek Festival
Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st	Saturday 22 nd
9:30- 10am Tues-Friday... Morning Gentle stretching for distress tolerance				
11am chit chat for change 2pm Art Group	11am Community Lunch \$3 2pm-3pm Belong in your body	11am-12pm Smart Recovery 2-3pm Music Group	10am Community Outing- Currumbin rock pool	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group What do we want to do in September? & DBT Practice
Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Saturday 29 th
9:30-10am Tues-Friday... Morning Gentle stretching for distress tolerance				
11am Chat chat for change 2pm Art Group	11am Community Lunch \$3 2pm-3pm Belong in your body	11am-12pm Smart Recovery 2-3pm Music Group	10am Community Outing- Currumbin Ally (beach)	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group What do we want to do in November? & DBT Practice
Tuesday 31 st				
Halloween Party @ Norton St Leaving Beenleigh at 1pm Back at Beenleigh by 4:30pm				