

SEPTEMBER 2026

Centre Opening Hours
Monday to Friday
9:30 AM - 5 PM

MON

TUE

WED

THU

FRI

1

10.30 - 12 Writing Reflections

2 - 3.30 Art Group

2

10.30 - 12 Flexi Food

2 - 3:30 Music Appreciation

3

10.30 - 12.00 DBT Lite

2 - 3:30 TRIVIA

4

10.30 - 12 Talking Circle

2 - 4 Karaoke

7

10:30-12 Coffee and Catch Up

2 - 3:30 Communication101

8

10.30 - 12 Writing Reflections

2 - 3.30 Art Group

9

10.30 - 12 Flexi Food

2 - 3:30 Music Appreciation

10

10.30 - 12 DBT Lite

2 - 3:30 TRIVIA

11

10.30- 12 Talking Circle

12- 4 BBQ

14

10:30-12 Coffee and Catch Up

2 - 3:30 Communication101

15

10.30 - 12 Writing Reflections

2 - 3.30 Art Group

16

10.30 - 12 Flexi Food
12.30 - 1 Community Meeting

2 - 3:30 Music Appreciation

17

9.30 - 10.30 Carers QLD
(see over for details)

10.30 - 12 DBT Lite
2 - 3:30 TRIVIA

18

10:30 - 12 Talking Circle

12 - 4 Games

21

10:30-12 Coffee and Catch Up

2 - 3:30 Communication 101

22

10.30 - 12 Writing Reflections

2 - 3.30 Art Group

23

10.30- 12 Flexi Food

2 - 3.30 Music Appreciation

24

10.30 - 12 DBT Lite

2 - 3:30 TRIVIA

25

10:30 - 12 Talking Circle

12 - 4 Lets make Pizza

28

10:30-12 Coffee and Catch up

2 - 3:30 Communication 101

29

10.30 - 12 Writing Reflections

2 - 3.30 Art Group

30

10.30- 12 Flexi Food

2 - 3:30 Closed for staff
Training

Coffee and Catch Up

Let's kick off the week by visiting our local cafe, having a warm drink in the cold weather and discuss how our weekends went.

Writing Reflections

Through writing, we can process and organise our thoughts to find an effective course of action. Expressing what is going on for us is always the first step

Communication 101

Do you find yourself anxious talking to others? Do you find it difficult to ask for what you need or saying no to others requests? What stops us from socialising? This isn't a mystical art. It's just skills we can learn. Let's explore the basics of communicating together.

Fridays

Each Friday is a different activity. Whether it be singing with karaoke, having a bbq, playing board games, or getting out and about in our wonderful neck of the woods.

Flexi Food

Whatever our relationship with food, there is always room to explore, listen for things our bodies need and delve into of the pros and cons of food in general. Come join us for this journey into how flexible food can be.

Talking Circle

Sometimes it's hard to find a group where we can address the specific topics which are affecting us. This group is designed for you to talk about what is going on for you, and having the collective wisdom of the group help us find a way forward.

Music Appreciation

Do you love listening to, discussing and seeing what emotions and thoughts different music has on you? Come along and share yours and others musical interests.

Carers QLD

Are you on the NDIS and want more information? We are hosting the lovely folks from Carers QLD who will share information on their programs and services, answer any questions and help you get in touch with them for further support. Everyone is welcome!

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. Facilitated by one of our community members.

DBT- Lite

A non-committal, chill version of a DBT (abridged) group that covers the major DBT skills. Dip your toes in or refresh your skills. It doesn't require people to do any home practice, however it is always encouraged. Walk-ins are welcome!

Trivia

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

WARM LINE

We know that getting through the evening can be tough at times.

Our Warm Line is open Monday to Friday from 5:00pm to 9:00pm

You can call us on 07 3343 9282

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88 Norton Street Upper Mt Gravatt
3343 9282

COMMUNITY MEETING

We strongly encourage our community members to join us and tell us what's been working and what groups they would like to see change

RED HOUSE

The RED House is a safe and supportive space where people can stay for a short time while working on a self-determined recovery goal or activity alongside our peer workers.

Chat to a Peer Worker for more information