

# Norton Street • February 2024

Address: 88 Norton Street, Upper Mt Gravatt

Centre hours: Mon - Fri: 9:30am - 5pm

Phone: 3343 9282

MONDAY 29 <sup>th</sup>		TUESDAY 30 <sup>th</sup>		WEDNESDAY 31 <sup>st</sup>		THURSDAY 1 <sup>st</sup>		FRIDAY 2 <sup>nd</sup>	
10am	Mindfulness	10am	Stretching	10am	Stretching	10am	Breath work	10 - 12	Gardening Group
10:30 - 12	Healthy Connections	10:30 - 12	GYM group Cost: \$5	10:30 leave	Outing – Picnic at Stack-pole st Park \$4	11:30 - 1	Music Extravaganza		
2 - 3	Art Group shrinky dinks	3 - 4	Project space	1 - 4pm	DBT Group at capacity	2 - 3:30	DBT-lite	3 - 5	CENTRE CLOSED FOR TEAM MEETING
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>	
10am	Mindfulness	10am	Stretching	10am	Stretching	10am	Breath work	10 - 12	Gardening Group
10:30 - 12	Healthy Connections	10:30 - 12	GYM group Cost: \$5	10:30 leave	Outing – Yatala Pies Cost: Pay at counter	11:30 - 1	Music Extravaganza		
2 - 3	Art Group Mosaic coaster	3 - 4	Project space	1 - 4pm	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 4	Karaoke
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>	
10am	Mindfulness	10am	Stretching	10am	Stretching	10am	Breath work	10 - 12	Gardening Group
10:30 - 12	Healthy Connections	10:30 - 12	GYM group Cost: \$5	10:30 leave	Outing – Raby Bay (bring swimmers)- \$4	11:30 - 1	Music Extravaganza		
2 - 3	Art Group Canvas decorating	3 - 4	Project space	1 - 4pm	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 3	Activity Arvo
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>	
10am	Mindfulness	10am	Stretching	10am	Stretching	10am	Breath work	All day	CENTRE CLOSED FOR STAFF TRAINING
10:30 - 12	Healthy Connections	10:30 - 12	GYM group Cost: \$5	10:30 leave	Outing – Burleigh Heads Beach- \$4	11:30 - 1	Music Extravaganza		
2 - 3	Art Group Melt beads	3 - 4	Project space	1 - 4pm	DBT Group at capacity	2 - 3:30	DBT-lite		
MONDAY 26 <sup>th</sup>		TUESDAY 27 <sup>th</sup>		WEDNESDAY 28 <sup>th</sup>		THURSDAY 29 <sup>th</sup>		FRIDAY 1 <sup>st</sup>	
10am	Mindfulness	10am	Stretching	10am	Stretching	10am	Breath work	10 - 12	Gardening Group
10:30 - 12	Healthy Connections	10:30 - 12	GYM group Cost: \$5	10:30 leave	Outing – Ice Skating Cost: Payment at counter	11:30 - 1	Music Extravaganza		
2 - 3	Art Group Collaborative drawing	3 - 4	Project space	1 - 4pm	DBT Group at capacity	2 - 3:30	DBT-lite	2 - 3	Activity Arvo

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## Mindfulness

Start your Mondays with exploring different ways of mindfulness. We will discuss what mindfulness really means, and how we can practice it in our everyday lives. This is more than just sitting cross-legged and intention setting.

## Project space

A space for parallel play: bring along your creative project or solo activity and we'll enjoy each other's company whilst doing our own thing.

## Music extravaganza

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.

## Healthy connections

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

## Outing

Join the team for a fun experience exploring. Please arrive at Norton Street by 10am or meet us at the outing location (phone to let us know). **Sign up is essential**

## Gardening Group

For the first half hour we will sit down to learn a new gardening skill. Then we will spend time tending to our garden, compost and worm farm. Bring closed in shoes and get ready to get your hands dirty as we help our garden grow

## 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.

## DBT

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 [saraha@brookred.org.au](mailto:saraha@brookred.org.au)

**Current group is full. Sign up for next round.**

## Activity Arvo

Active space for board games, in house games or playing ball in the park. A community initiative to staying active and fun on the last day of the week.

## Stretching

Let's build the simple & effective habit of daily stretching. 10 minutes dedicated to starting each day with a focus on ourselves. These are some of the benefits of implementing a regular stretching routine: Improved Posture, Mobility, Energy Levels, Lower Stress Levels and a Reduced Risk of Injury.

## DBT-lite

A non-committal, chill version on a DBT (abridged) group that covers the major DBT skills. It's a great way to dip your toes in if you are considering committing to the more structured one, or if you want to refresh your skills. It doesn't require people to do any home practice, however it is always encouraged. Walk-ins are welcome

## Karaoke

A fun sing along and Karaoke arvo for the whole community. Come join us for a fun, non-judgemental space where everyone is welcome.

## Gym group

Come join our gym group! Regular exercise can improve mood, boost energy, build confidence & promote better sleep. Whether its Lifting, Walking, Running, Functional or other - our gym group is there to support you in that journey. We discuss our fitness goals; smash out a workout & then report back. Talk with Lachy to express interest in attending. (First session is free) (bring \$5 each week)

## Breath work

Breath work is part of many mindfulness practices that focus on our breathing techniques and what they do for our body. It's a great one if you are new to or want to explore mild yoga, and stretching alongside intentional deep breathing. Please talk to your GP if you have Asthma or other lung related concerns before joining this group.

## Community Meeting

Have your say on how your community runs! Join us on the first Tuesday of every month to have your say and get updates on the future of the community