

ROAMING RED

FRI
WEST END

ONLINE

MON
INALA

TUES
BEENLEIGH

THUR
UPPER MT GRVATT

WEDNESDAYS
5:15 pm - 6:15 pm

AFTER HOURS RECOVERY
SUPPORT

A peer support group that focuses on winding down, grounding ourselves and reducing isolation by focusing on the present.

No prior sign up required.

ZOOM Group Meeting ID:
889 4034 5572
Passcode: 946104

THURSDAYS
3PM - 4PM

DBT ONLINE

A 6-week group that focuses on one DBT skill from each module each week. Please find details on page 2

No prior sign up required

ZOOM Group Meeting ID:
865 3938 1906
Passcode: 292834

May 26

4 CLOSED FOR PUBLIC HOLIDAY
WARM LINE IS AVAILABLE
5PM - 9 PM

11 1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

18 1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

25 1PM - 3PM
Arts & Crafts @
INALA Community Hub
5PM - 7PM
SUNSET SESH Outing

5 11 AM - 2:00 PM
COOKING GROUP
2 PM - 3 PM
PEER ZONE

12 11:30 AM - 2 PM
SMART RECOVERY
2 PM - 3 PM
Games group

19 11 AM - 2PM
COOKING GROUP
2 PM - 3 PM
PEER ZONE

26 11 AM - 1:30 PM
Art Group
2 PM - 3 PM
Communiuty Meeting

7 5PM - 8PM
Cooking Group @
Brook RED centre

14 5PM - 8PM
Cooking Group @
Brook RED centre

21 5PM - 8PM
Cooking Group @
Brook RED centre

28 5PM - 8PM
Cooking Group @
Brook RED centre

1 12PM - 3PM
@ WEST END
Community House
MENTAL HEALTH
CHATS

8 12PM - 3PM
Drop in space
Board Games for
Wellbeing

15 12PM - 3PM
Drop in Peer Support
Space
1pm- 2:30pm
Trivia

22 12PM - 3PM
Drop in space
1pm- 2:30pm
MENTAL HEALTH
CHATS

29 12PM-12:30
Meet up at West End
Community House
1PM-3PM
Orleigh Park BBQ

May, 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

Each week we try a different creative activity, like painting, crafts, or decorating objects.

TH

5PM - 8PM

**Cooking Group @
Brook RED centre**

At our community centre at Upper Mount Gravatt, join us for a dinner after hours. This is a good group for those who want to learn cooking, experiment with a new recipe.

Address : 88 Norton Street, Upper Mount Gravatt 4122, QLD

This group costs a bit more to \$5

For all enquiries, please contact Sarah
Email : saraha@brookred.org.au
Phone: 3343 9282

F

**WEST END
COMMUNITY HOUSE**

12PM - 3PM

Peer Workers are available for individual chats

Orleigh Park BBQ

Enjoy a warm sunny day at the park with some BBQ and a chance for some social connections

1 PM - 2:30 PM

Mental health chats

Structured Mental Health focused group that explores themes like, relationship with our health, self-care, meaning and purpose growth etc

Trivia

Test your Knowledge with a fun game of Trivia

ONLINE

WEDNESDAY

5:15 PM - 6:15 PM

**AFTER HOURS
RECOVERY SUPPORT**

WEEK 1 - Getting through the night safely

WEEK 2 - Managing urges without acting on them

WEEK 3 - Calming a racing mind

WEEK 4 - Coping with loneliness

WEEK 5 - When the day didnt go well

WEEK 6 - Creating a soothing Night Routine

ONLINE

**THURSDAYS
3PM - 4PM**

DBT ONLINE

WEEK 1 - Goals of DBT- what do we want out of the series

WEEK 2 - Mindfulness- the what and the how

WEEK 3 - Distress Tolerance - crisis survival skills

WEEK 4 - Emotion Regulation-

WEEK 5 - Interpersonal Effectiveness- how to communicate effectively

WEEK 6 - Reflection and learnings

UPCOMING CLOSURES - Brook RED groups are closed on public holidays, or certain staff training days. For May, please find the following dates

Monday - 4 May 2026