



# SEPTEMBER

## BIG RED ACTIVITIES CALENDAR

53 Mount Cotton Road, Capalaba, QLD 4157  
(07) 3390 1116

Monday - Thursday 9:30am - 7pm  
Saturday 10am - 3pm

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Monday 6 <sup>th</sup>		Tuesday 7 <sup>th</sup>	Wednesday 8 <sup>th</sup>	Thursday 9 <sup>th</sup>	Friday 10 <sup>th</sup>	Saturday 11 <sup>th</sup>	
GARDENING GROUP - 10am PEER SUPPORT GROUP - 1pm anxiety - <b>signup preferred</b> MONDAY MOVIE - 4:30pm		WALKING GROUP - 10am PROJECT SPACE - 2pm WRITERS' GROUP - 5pm	STRETCHY WEDNESDAY - 10am HEARING VOICES - 1pm <b>signup preferred</b> VIRTUAL ZOOM GROUP - 3pm MINDFULNESS AND MEDITATION - 5pm	ART GROUP - 10am mug painting (\$3) INTENTIONAL RECOVERY GROUP - 1pm sign up and information session VIRTUAL ZOOM GROUP - 3pm SOCIAL NIGHT - 4:30pm	<b>CENTRE CLOSED</b> VIRTUAL ZOOM GROUP - 3pm		DOCUMENTARY AND DISCUSSION 10am - 3pm Have ideas for what to do on Saturdays? Let Sarah know: saraha@brookred.org.au 0455 216 810
Monday 13 <sup>th</sup>		Tuesday 14 <sup>th</sup>	Wednesday 15 <sup>th</sup>	Thursday 16 <sup>th</sup>	Friday 17 <sup>th</sup>	Saturday 18 <sup>th</sup>	
GARDENING GROUP - 10am PEER SUPPORT GROUP - 1pm energy levels and sleep - <b>signup preferred</b> MONDAY MOVIE - 4:30pm		WALKING GROUP - 10am PROJECT SPACE - 2pm WRITERS' GROUP - 5pm	STRETCHY WEDNESDAY - 10am HEARING VOICES - 1pm <b>signup preferred</b> VIRTUAL ZOOM GROUP - 3pm MINDFULNESS AND MEDITATION - 5pm	<b>CENTRE CLOSED</b> for STAFF TRAINING		DOCUMENTARY AND DISCUSSION 10am - 3pm Have ideas for what to do on Saturdays? Let Sarah know: saraha@brookred.org.au 0455 216 810	
Monday 20 <sup>th</sup>		Tuesday 21 <sup>st</sup>	Wednesday 22 <sup>nd</sup>	Thursday 23 <sup>rd</sup>	Friday 24 <sup>th</sup>	Saturday 25 <sup>th</sup>	
<b>GARDENING GROUP - 10am</b> <b>COMMUNITY MEETING</b> <b>12PM START</b> <b>MONDAY MOVIE - 4:30pm</b>		WALKING GROUP - 10am PROJECT SPACE - 2pm WRITERS' GROUP - 5pm	STRETCHY WEDNESDAY - 10am HEARING VOICES - 1pm <b>signup preferred</b> <div style="background-color: #003366; color: white; text-align: center; padding: 5px;"> <b>CENTRE CLOSSES AT 3PM</b> </div> VIRTUAL ZOOM GROUP - 3pm	ART GROUP - 10am leatherworking (\$3) INTENTIONAL RECOVERY GROUP - 1pm building strategies for changes - <b>signup preferred</b> VIRTUAL ZOOM GROUP - 3pm SOCIAL NIGHT - 4:30pm	<b>CENTRE CLOSED</b> VIRTUAL ZOOM GROUP - 3pm		DOCUMENTARY AND DISCUSSION 10am - 3pm Have ideas for what to do on Saturdays? Let Sarah know: saraha@brookred.org.au 0455 216 810
Monday 27 <sup>th</sup>		Tuesday 28 <sup>th</sup>	Wednesday 29 <sup>th</sup>	Thursday 30 <sup>th</sup>	Friday 1 <sup>st</sup> October	Saturday 2 <sup>nd</sup> October	
GARDENING GROUP - 10am PEER SUPPORT GROUP - 1pm healthy peer support - <b>signup preferred</b> MONDAY MOVIE - 4:30pm		WALKING GROUP - 10am PROJECT SPACE - 2pm WRITERS' GROUP - 5pm	STRETCHY WEDNESDAY - 10am HEARING VOICES - 1pm <b>signup preferred</b> VIRTUAL ZOOM GROUP - 3pm MINDFULNESS AND MEDITATION - 5pm	ART GROUP - 10am preparations for Brisbane Pride! INTENTIONAL RECOVERY GROUP - 1pm reflection - <b>signup preferred</b> VIRTUAL ZOOM GROUP - 3pm SOCIAL NIGHT - 4:30pm	<b>CENTRE CLOSED</b> VIRTUAL ZOOM GROUP - 3pm		<b>BRISBANE PRIDE!</b>



# WHAT'S ON IN SEPTEMBER

**Community Meeting:**  
Monday 20<sup>th</sup>  
September at midday  
Come along and have  
your say!

## Virtual zoom groups

Wednesdays, Thursdays and Fridays - **signup preferred**

Virtual peer support spaces with members from across all Brook Red centres. Sign up in the centre or email saraha@brookred.org.au

## Movement Menu

Wednesday 1<sup>st</sup> - deep breathing

Wednesday 8<sup>th</sup> - pilates

Wednesday 15<sup>th</sup> - deep breathing

Wednesday 22<sup>nd</sup> - Pilates

Wednesday 29<sup>th</sup> - deep breathing

## Peer Support Group

Thursday 2<sup>nd</sup> - gratitude

Thursday 9<sup>th</sup> - goal Setting

Thursday 23<sup>rd</sup> - what we do with our emotions

Thursday 30<sup>th</sup> - self care

## Community Catch up

Friday 3<sup>rd</sup> - Scattergories

Friday 10<sup>th</sup> - Pictionary

Friday 24<sup>th</sup> - 5 things

Friday 1<sup>st</sup> October - PRIDE planning

## Gardening group

Get your green thumb ready as we tend to our community garden. Although we meet to garden together on Mondays, you're always welcome to come hang out in the garden at any time and bring anything with you that you'd like to contribute - seeds, cuttings, knowledge!

## Peer support group

A place to connect with your peers and support each other mutually.

Monday 6<sup>th</sup> - anxiety (what does it feel like, look like and how do we manage it?)

Monday 13<sup>th</sup> - energy levels and sleep

Monday 27<sup>th</sup> - healthy peer support

## Monday movie

Movie starts at 4:30pm. Wind down and shake off the start to the week with a movie and good company.

Monday 6<sup>th</sup> - Scarlet Road

Monday 13<sup>th</sup> - Paranorman

Monday 20<sup>th</sup> - The Adventures of Priscilla, Queen of the Desert

Monday 27<sup>th</sup> - Pride

We have signup sheets in the centre for a few groups and upcoming activities - ask us about these!

Join Brook Red for Brisbane  
Pride Parade and Fair Day on  
Saturday 2<sup>nd</sup> October

If you'd like to join us on the  
day, we'll cover your entry -  
sign up in at the centre!

## Walking group

Roaming the Redlands - explore the local area with our walking group.

Tuesdays at 10am

## Project space

Tuesdays at 1pm

Got something you've been working on? Bring it along and hang out while getting it done. Crochet, embroidery, writing.

## Writers' group

Tuesdays at 5pm

Got as much writer's block as me writing this blurb? Come along for some fun inspiration to mix things up a little!

## Stretchy Wednesday

Wednesdays at 10am

A guided midweek stretch to loosen up those muscles and gently improve flexibility, giving us a midweek boost!

## Mindfulness and meditation

Wednesdays at 5pm - **new timeslot!**

Practice mindfulness skills in a group environment.

## Hearing voices group

Wednesdays at 1pm - **signup preferred**

A welcoming space for people who experience voice hearing and other sensory experiences that others do not, based on the Hearing Voices approach.

## Art group

Let your creative juices flow! Each week we'll get out the art supplies out and try our hand at something artistic.

Thursday 2<sup>nd</sup> - mug painting (\$3)

Thursday 9<sup>th</sup> - forged crafts

Thursday 23<sup>rd</sup> - leatherworking (\$3)

Thursday 30<sup>th</sup> - preparations for Brisbane Pride!

## Intentional recovery group

Thursdays at 1pm - **signup preferred**

Is there something in your life you want to take control of? This is a space to support each other in making meaningful change.

Thursday 2<sup>nd</sup> - sign up and information session

Thursday 9<sup>th</sup> - setting our intentions

Thursday 23<sup>rd</sup> - building strategies for changes

Thursday 30<sup>th</sup> - reflection

## Social night

Thursdays from 4:30pm - **new for Sep!**

Come down and finish off the BIG week with a social night. Games, trivia, pool, music - whatever everyone's feeling like.

## Documentary and discussion

Saturdays between 10am and 3pm

Come and chill