





Brook St. April 2022 Calendar - (ph.: 3846 4209)

  BROOK.RED		<p>~ CLOSED WEDNESDAYS ~</p> <p>Opening Hours</p> <p>Mon, Tues, Thurs and Fri 9:30am- 7:00pm</p> <p>Saturday 10am- 3pm</p> <p>VIRTUAL GROUPS 3pm-4pm Wednesday, Thursday, & Friday offered online - Text Sarah on 0455 216 810 or call the centre</p> <p>Follow us on Instagram for latest updates & information:</p> <p>brook.red</p>				Friday, 1st		Saturday 2nd 10am- 3pm 10am- 12pm Peer support With River 12pm - 3pm Board Games	
		11am	DBT Skills Group						
		3pm-4pm	Virtual group						
		Community Meeting 2:30pm			4pm-7pm	Paint the Town RED FRIDAY FRIED CHICKEN (Bring \$3 Donation)			
Monday, 4th		Tuesday, 5th		Thursday, 7th		Friday, 8th		Saturday 9th 10am- 3pm 10am- 12pm Stretchy Saturdays 12pm - 3pm Board Games	
10:30 am	Community Projects Group	10:30 am	Inspiration Group Beach Swim Sesh @ Redcliff (Check Sign- up sheet Bring \$\$ for fish & chips)	10:30 am	Exercise Group @ helfi gym \$5	11am	DBT Skills Group		
12- 4	Music with Gary	2pm	PEERZONE Introduction	1:30 pm	Art group Canvas	3pm-4pm	Virtual group		
2pm	Hearing Voices Group	3pm-7pm	Dinner Group \$3	3pm-4pm	Virtual Group	4pm-7pm	Paint the Town RED Café Meze @ Stones corner (Bring \$\$)		
5pm-7pm	Chats and Hobby Space Bring your hobby and chat	Tuesday, 12th 10:30 am Inspiration Group Planetarium (Check Sign-up sheet, show begins at 11:30 Bring \$\$) 2pm PEERZONE Workshop 1 of 3 3pm-7pm Dinner Group \$3		Thursday, 14th		Friday, 15th Closed Good Friday		Saturday 16th Closed Easter Holiday	
10:30 am	Community Projects Group			10:30 am	Exercise Group @ helfi gym \$5				
12 - 4	Music with Gary			1:30 pm	Art group Clay work				
2pm	Hearing Voices Group			3pm-4pm	Virtual Group				
5pm-7pm	Chats and Hobby Space Bring your hobby and chat	Closing at 3pm today				Friday, 22nd Closed for staff training		Saturdays 23rd 10am- 3pm 10am- 12pm Stretchy Saturdays 12pm - 3pm Board Games	
Monday, 18th		Tuesday, 19th		Thursday, 21st					
Closed Easter Monday		10:30 am	Inspiration Group Mambo Italiano concert @ Brisbane City hall (event begins at 12:00 PM)	10:30 am	Exercise Group @ helfi gym \$5				
		2pm	PEERZONE Workshop 2 of 3	1:30 pm	Art group Canvas				
		3pm-7pm	Dinner Group \$3	3pm-4pm	Virtual Group				
5pm-7pm	Chats and Hobby Space Bring your hobby and chat	5pm-7pm	Snacks & Games \$3	Friday, 29th 11am DBT Skills Group 3pm-4pm Virtual group 4pm-7pm Paint the Town RED In house Dinner & Karaoke (\$3 Donation)		Saturday 30th 10am- 3pm 10am- 12pm Peer Support With River 12pm - 3pm Board Games			
Monday, 25th		Tuesday, 26th						Thursday, 28th	
Closed Anzac Day		10:00 am	Inspiration Group Wildlife HQ LEAVING AT 10 (Check Sign-up Sheet & \$13 cost)					10:30 am	Exercise Group @ helfi gym \$5
		2pm	PEERZONE Workshop 3 of 3					1:30 pm	Art group Pass The Canvas
		3pm-7pm	Dinner Group \$3	3pm-4pm	Virtual Group				
5pm-7pm	Chats and Hobby Space Bring your hobby and chat	5pm-7pm	Snacks & Games \$3	Friday, 29th 11am DBT Skills Group 3pm-4pm Virtual group 4pm-7pm Paint the Town RED In house Dinner & Karaoke (\$3 Donation)		Saturday 30th 10am- 3pm 10am- 12pm Peer Support With River 12pm - 3pm Board Games			

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Monday, 2nd		Tuesday, 3rd		Thursday, 5th		Friday, 6th		Saturday 7 th	
Closed Labour Day		10:30 am	Inspiration Group Picnic & Trivia @ Mount Gravatt Lookout (BYO food)	10:30 am	Exercise Group @ helfi gym \$5	11am	DBT Skills Group	10am- 3pm 11am-1pm Badminton Group 1pm - 3pm Board Games	
		1:30 pm		1:30 pm	Art group Kokedama (the revised version)	3pm-4pm	Virtual group		
		2pm	PEERZONE Introduction	3pm-4pm	Virtual Group	Community Meeting 2:30pm			
		3pm-7pm	Dinner Group \$3	5pm-7pm	Snacks & Games \$3	4pm-7pm	Paint the Town RED Kebab Palace Mengal & pides @ Mount Gravatt (Bring \$\$)		
Monday, 9 th		Tuesday, 10 th		Thursday, 12 th		Friday, 13 th		Saturday 14 th	
10:30 am	Community Projects Group	10:30 am	Inspiration Group Karl S. Williams & Shannon carol concert @ Brisbane city Hall (Event Begins at 12:00 PM)	10:30 am	Exercise Group @ helfi gym \$5	11am	DBT Skills Group	10am- 3pm 10am- 12pm Stretchy Saturdays 12pm - 3pm Board Games	
12- 4	Music with Gary	2pm	PEERZONE Workshop 1 of 3	1:30 pm	Art group Canvas	3pm-4pm	Virtual group		
2pm	Hearing Voices Group	3pm-7pm	Dinner Group \$3	3pm-4pm	Virtual Group	4pm-7pm	Paint the Town RED Bowling (Bring \$\$)		
5pm-7pm	Chats and Hobby Space Bring your hobby and chat	5pm-7pm		5pm-7pm	Snacks & Games \$3				
Monday, 16 th		Tuesday, 17 th		Thursday, 19 th		Friday, 20 th		Saturday 21 st	
10:30 am	Community Projects Group	10:30 am	Inspiration Group Fishing Day Trip @ Redcliff (Check Sign-up Sheet Bring \$\$ for Fish & Chips)	10:30 am	Exercise Group @ helfi gym \$5	11am	DBT Skills Group	10am- 3pm 11am-1pm Badminton Group 12pm - 3pm Board Games	
12 - 4	Music with Gary	2pm	PEERZONE Workshop 2 of 3	1:30 pm	Art group Shrinky Dinks	3pm-4pm	Virtual group		
2pm	Hearing Voices Group	3pm-7pm	Dinner Group \$3	3pm-4pm	Virtual Group	4pm-7pm	Paint the Town RED Watany Manoushi Restaurant @ Mount Gravatt (Bring \$\$)		
5pm-7pm	Chats and Hobby Space Bring your hobby and chat	5pm-7pm		5pm-7pm	Snacks & Games \$3				
Monday, 23 rd		Tuesday, 24 th		Thursday, 26 th		Friday, 27 th		Saturday 28 th	
10:30 am	Community Projects Group	10:30 am	Inspiration Group In-house activity	10:30 am	Exercise Group @ helfi gym \$5	11am	DBT Skills Group	10am- 3pm 10am- 12pm Stretchy Saturdays 12pm - 3pm Board Games	
12 - 4	Music with Gary	2pm	PEERZONE Workshop 3 of 3	1:30 pm	Art group Canvas	3pm-4pm	Virtual group		
2pm	Hearing Voices Group	3pm-7pm	Dinner Group \$3	3pm-4pm	Virtual Group	4pm-7pm	Paint the Town RED In house Dinner & Karaoke (\$3 Donation)		
5pm-7pm	Chats and Hobby Space Bring your hobby and chat	5pm-7pm		5pm-7pm	Snacks & Games \$3				
Monday, 30 th		Tuesday, 31 st		  BROOK.RED		~ CLOSED WEDNESDAYS ~ Opening Hours Mon, Tues, Thurs and Fri 9:30am- 7:00pm Saturday 10am- 3pm VIRTUAL GROUPS 3pm-4pm Wednesday, Thursday, & Friday offered online - Text Sarah on 0455 216 810 or call the centre Follow us on Instagram for latest updates & information: brook.red			
10:30 am	Community Projects Group	Closed for staff training							
12-4	Music with Gary								
2pm	Hearing Voices Group								
Closing at 3pm today									