

MON

INALA

1 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub

5PM - 7PM
SUNSET SESH Outing

8 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub

5PM - 7PM
SUNSET SESH Outing

15 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub

5PM - 7PM
SUNSET SESH Outing

22 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub

5PM - 7PM
SUNSET SESH Outing

29 **1PM - 3PM**
Arts & Crafts @
INALA Community Hub

5PM - 7PM
SUNSET SESH Outing

TUES

BEENLEIGH

2 **11 AM - 2:00 PM**
COOKING GROUP
Chicken Fried rice

2 PM - 3 PM
PEER ZONE

9 **11:30 AM- 12:30**
SMART RECOVERY

1 PM - 3 PM
Free afternoon & gardening

16 **11 AM - 3 PM**
COOKING GROUP
Honey mustard chicken

2 PM - 3 PM
PEER ZONE

23 **11:30 AM- 12:30**
PEER ZONE

1 PM - 2 PM
SMART RECOVERY

30 **11 AM- 3 PM**
ART GROUP

2PM - 3PM
Community meeting

ROAMING RED

FRI

WEST END

5 **12PM - 3PM**
Drop in space

1pm- 2:30pm
MENTAL HEALTH
CHATS

12 **12PM - 3PM**
Drop in space

1pm- 2:30pm
Music appreciation
group

19 **12PM - 3PM**
Drop in space

1pm- 2:30pm
Trivia

26 **12PM - 3PM**
Drop in space

1PM-3PM
Orleigh Park BBQ

Community meeting
and planning

ONLINE

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

WEEKLY RECOVERY GROUP

A 6 week peer support group that focuses on building recovery skills, insight, hope and connection.

No prior sign up required

ZOOM Group Meeting ID:

865 3938 1906

Passcode: **292834**

June '26

June '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
Get creative with the community and explore some fun art techniques

F

WEST END
COMMUNITY HOUSE
12PM - 3PM
Peer Workers are available at WECH 12-3PM, every Friday

12PM - 1PM
Drop in Space

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

1-2:30pm
Music appreciation
Everyone shares their favourite song at the moment. Listen to new jams and discuss what you love about it

ONLINE

WEDNESDAY
5:15 PM - 6:15 PM
AFTER HOURS
RECOVERY SUPPORT

3 JUNE
WEEK 5 - When the day didnt go well

10 JUNE
WEEK 6 - Creating a soothing Night Routine

ONLINE

THURSDAYS
3PM - 4PM

DBT ONLINE

4 JUNE
WEEK 5 - Interpersonal Effectiveness- how to communicate effectively

11 JUNE
WEEK 6 - Reflection and learnings

For all enquiries, please contact Sarah

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