

Norton Street June Calendar

 <p>88 Norton St, Upper Mt Gravatt Ph: 3343 9282 www.brookred.org.au</p>		<p><i>HEARING VOICES GROUP WILL BE RUN FROM 2-3PM ON THURSDAY</i></p>	<p>We are in STAGE 4: The centres are now mostly back to business as usual with some minor changes to community meals and outings). We will no longer run virtual check-ins or virtual groups, and our individual support and face-to-face groups will return to normal.</p>	
Monday 31 th May	Tuesday 1 st June	Wednesday 2 nd June	Thursday 3 rd June	Friday 4 th June
<p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p><u>WALK ON THE WILD SIDE</u> <u>10:30</u></p> <p><u>GARDENING GROUP</u> <u>1pm</u></p>	<p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p><u>PEER SUPPORT GROUP</u> <u>10:30</u></p> <p><u>MUSIC GROUP 1-3pm</u> <u>OPEN UNTIL 7PM</u></p>	<p>Max's magical adventure trip</p> <p>\$15</p>
Monday 7 th	Tuesday 8 th	Wednesday 9 th	Thursday 10 th	Friday 11 th
<p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p><u>WALK ON THE WILD SIDE</u> <u>10:30</u></p> <p><u>BI Monthly Community Meeting with snacks</u></p>	<p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p><u>PEER SUPPORT GROUP</u> <u>10:30</u></p> <p><u>MUSIC GROUP 1-3pm</u> <u>OPEN UNTIL 7PM</u></p>	<p><u>Manly Seaside walk and picnic</u></p> <p><u>\$5</u></p>
Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
<p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p><u>WALK ON THE WILD SIDE</u> <u>10:30</u></p> <p><u>GARDENING GROUP</u> <u>1pm</u></p>	<p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p><u>PEER SUPPORT GROUP</u> <u>10:30</u></p> <p><u>MUSIC GROUP 1-3</u> <u>OPEN UNTIL 7PM</u></p>	<p><u>The spit Beach trip</u></p> <p><u>\$5</u></p>
Monday 21 st	Tuesday 22 nd	Wednesday 23 rd	Thursday 24 th	Friday 25 th
<p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p><u>WALK ON THE WILD SIDE</u> <u>10:30</u></p> <p><u>GARDENING GROUP</u> <u>1pm</u></p>	<p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p><u>PEER SUPPORT GROUP</u> <u>10:30</u></p> <p><u>MUSIC GROUP 1-3pm</u> <u>OPEN UNTIL 7PM</u></p>	<p><u>Jacobs Well fishing trip</u></p> <p><u>\$5</u></p>
Monday 28 th	Tuesday 29 th	Wednesday 30 th	Thursday 1 st July	Friday 2 nd July
<p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p><u>Nutritionist chat at Brook st</u> <u>10:30</u></p> <p><u>Closing at 3pm</u> <u>for Norton St. Co Reflection</u></p>	<p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p><u>PEER SUPPORT GROUP</u> <u>10:30</u></p> <p><u>MUSIC GROUP 1-3pm</u> <u>OPEN UNTIL 7PM</u></p>	<p><u>Barefoot Bowling</u></p> <p><u>\$5</u></p>

Norton Street July Calendar

 <p>88 Norton St, Upper Mt Gravatt Ph: 3343 9282 www.brookred.org.au</p>				
<p>Monday 5th July</p> <p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p>Tuesday 6th July</p> <p><u>YOGA @ MT GRAVATT SHOWGROUDS</u> <u>10AM-1PM</u> <u>\$5</u></p> <p><u>WALK ON THE WILD SIDE</u> <u>10:30</u></p> <p><u>GARDENING GROUP</u> <u>1pm</u></p>	<p>Wednesday 7th July</p> <p><i>HEARING VOICES GROUP WILL BE RUN FROM 2-3PM ON THURSDAY</i></p> <p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p>Thursday 8th July</p> <p>We are in STAGE 4: The centres are now mostly back to business as usual with some minor changes to community meals and outings). We will no longer run virtual check-ins or virtual groups, and our individual support and face-to-face groups will return to normal.</p> <p><u>PEER SUPPORT GROUP</u> <u>10:30</u></p> <p><u>MUSIC GROUP 1-3pm</u> <u>OPEN UNTIL 7PM</u></p>	<p>Friday 9th July</p> <p><u>Currumbin rock pool trip</u></p> <p><u>\$5</u></p>
<p>Monday 12th</p> <p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p>Tuesday 13th</p> <p><u>WALK ON THE WILD SIDE</u> <u>10:30</u></p> <p><u>GARDENING GROUP</u> <u>1pm</u></p>	<p>Wednesday 14th</p> <p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p>Thursday 15th</p> <p><u>Closed for eating disorder training</u></p>	<p>Friday 16th</p> <p><u>Bribie Island Day trip</u></p> <p><u>\$5</u></p>
<p>Monday 19th</p> <p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p>Tuesday 20th</p> <p><u>WALK ON THE WILD SIDE</u> <u>10:30</u></p> <p><u>GARDENING GROUP</u> <u>1pm</u></p>	<p>Wednesday 21st</p> <p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p>Thursday 22nd</p> <p><u>PEER SUPPORT GROUP</u> <u>10:30</u></p> <p><u>MUSIC GROUP 1-3</u> <u>OPEN UNTIL 7PM</u></p>	<p>Friday 23rd</p> <p><u>Daisy Hill BBQ</u></p> <p><u>\$5</u></p>
<p>Monday 26th</p> <p>Breath work and stress reduction <u>11am-12pm</u></p> <p><u>SMART RECOVERY 2-3:30PM</u></p>	<p>Tuesday 27th</p> <p><u>WALK ON THE WILD SIDE</u> <u>10:30</u></p> <p><u>GARDENING GROUP</u> <u>1pm</u></p>	<p>Wednesday 28th</p> <p><u>MOVEMENT MENU</u> <u>10:30</u></p> <p><u>ART GROUP 1-3pm</u></p>	<p>Thursday 29th</p> <p><u>PEER SUPPORT GROUP</u> <u>10:30</u></p> <p><u>MUSIC GROUP 1-3pm</u> <u>OPEN UNTIL 7PM</u></p>	<p>Friday 30th</p> <p><u>Southbank Picnic</u></p> <p><u>\$5</u></p>