



## Mental Health and Wellbeing for everyone, every single day.

Momentum Mental Health is a community mental health and wellbeing organisation who believe in mental health and wellbeing for everyone, every single day. We've been around for over 25 years, providing support with mental health and wellbeing for those over 18yo. We work across the mental health continuum with our Wellbeing Coaches and we assist those experiencing poor wellbeing to those with complex, severe and persistent mental ill-health.

### Offering Group Sessions focusing on mental health and wellbeing in **Dalby and Kingaroy** from September 2024.

Attending non-clinical group sessions like Mindful Art and Wellbeing Theory significantly benefits mental health and personal growth. These sessions create a safe space for expressing emotions, developing self-awareness, and fostering creativity. Participants build connections with others, reducing isolation. Through practical activities, they gain tools for stress management and emotional regulation, cultivating mindfulness. Engaging in these groups fosters community and empowerment, making it easier to integrate these skills into daily life for enhanced mental health and wellbeing.

Momentum Mental Health in Dalby and Kingaroy aim to offer Group Sessions each week, and have these sessions focus on two different elements of wellbeing. Firstly, the group will focus on some Wellbeing Theory - Each session covers a new coping technique or skill, with presentations and discussions on life skills like boundaries, communication, and confidence. Participants learn practical strategies to build capacity in these areas. The sessions are casual, emphasizing group collaboration, idea-sharing, and open discussion to learn together.

The second half of the group sessions focusses on a Mindful Art practice. At Momentum, our Qualified Art Therapist has designed and created an art therapy based sessions that align with multiple wellbeing topics. This aims to enhance learning and provide participants with skills for emotional regulation while enjoying a mindful experience. Although it is not delivered as formal art therapy due to the therapist's unavailability, it still incorporates therapeutic principles and ideas.

#### Our Service:

- Community Not-For-Profit focusing on mental health and wellbeing.
- Offering Group sessions that focus on wellbeing, and give practical skills.
- Build confidence and connections.
- No diagnosis needed.

#### Contact Us:

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Toowoomba | Warwick | **Dalby** | **Kingaroy** | Chinchilla | Miles | Tara