

Starts 5 Feb 2025

A Momentum Mental Health, Drugarm & Lifeline Collaboration

FAMILY AND CARERS PROGRAM



Labour of Love

Presented by
Momentum Mental Health,
Drug Arm & Lifeline



Cheryl

A safe space to connect with others who understand your
journey as a carer.

Learn, develop and share practical skills and tips for managing
mental health, healthy relationships and positive parenting.



Contact Us!



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 **Lifeline**
Darling Downs &
South West QLD Ltd


momentum
MENTAL HEALTH

drug.ARM

Wednesdays, 10am - 12pm,
Toowoomba library (Level 3)

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Meeting Dates & Topics | TERM 1 2025

February 5th:	Relaxation & Self-Care Retreat (HOSTED BY MOMENTUM)
February 12th:	Gaming addiction & Gambling (HOSTED BY LIFELINE)
February 19th:	The Five Love Languages (HOSTED BY MOMENTUM)
February 26th:	Stress Management & Happiness (HOSTED BY MOMENTUM)
March 5th:	AOD Dependency (HOSTED BY DRUG ARM)
March 12th:	Boundaries & Confidence (HOSTED BY MOMENTUM)
March 19th:	Connection (HOSTED BY MOMENTUM)
March 26th:	Link Between Wellbeing & Gratitude (HOSTED BY MOMENTUM)
April 2nd:	Positive Parenting (HOSTED BY DRUG ARM)

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