

WARWICK PROGRAM SCHEDULE DECEMBER 2025



03
Wed

10 AM - 12 PM

REFRAMING

05
Fri

12 PM - 2 PM

Art activities based on "reframing". Individual 30 min 1;1 coaching sessions also available



12
Fri

10 AM - 2 PM

CHANGE & ATTACHMENT

Art activities based on "change & attachment". Individual 30 min 1;1 coaching sessions also available



19
Wed

10 AM - 2 PM

HOLDING SPACE

Art activities based on "holding space". Individual 30 min 1;1 coaching sessions also available

Sorry We're
CLOSED

Fri 26

Momentum Mental Health would like to wish all of our Clients and Community a Merry Christmas and a wonderful holiday season, and we'll see you all again in 2026!

SDEIA Building, 163 Palmerin Street, Warwick QLD 4370