

## MONDAY

9am - 11am Aurora SQW at **Momentum** **1**  
 10am - 12pm 5 Ways To Wellbeing **Managing Your Expectations** **LIBRARY** (F2F or Online)  
 11:30am - 1:30pm Job Club SQW  
 12pm - 1pm Lunch Tranquility Hour  
 30 mins **Meditation** 30 mins **Sound Bathing @ Momentum** (F2F or Online)  
 1pm - 3pm Art Therapy

9am - 11am Aurora SQW at **Momentum** **8**  
 10am - 12pm 5 Ways To Wellbeing **Connection @ LIBRARY** (F2F or Online)  
 11:30am - 1:30pm Job Club SQW  
 1pm - 3pm Art Therapy

9am - 11am Aurora SQW at **Momentum** **15**  
 10am - 12pm 5 Ways To Wellbeing **Dysregulation & Regulation @ LIBRARY** (F2F or Online)  
 11am - 12pm **TASC Legal Advice** **Legal Services**  
 11:30am - 1:30pm Job Club SQW  
 12pm - 1pm Lunch Tranquility Hour  
 30 mins **Meditation** 30 mins **Sound Bathing @ Momentum** (F2F or Online)  
 1pm - 3pm Art Therapy

9:30am - 10:30am Mindful Christmas **22**  
 Nature Walking  
 11:30am - 1:30pm Christmas Calm Jar  
 2pm - 4pm Lavender Potpourri

**SORRY! WE'RE CLOSED**

**29**

## TUESDAY

9:30am - 11:30am Journaling & Storytelling **2**  
 9:30am - 11:30am Kingaroy 5 Ways To Wellbeing (Online) **Reframing**  
 1:30pm - 3:30pm Art Therapy

9:30am - 11:30am Journaling & Storytelling **9**  
 9:30am - 11:30am Kingaroy 5 Ways To Wellbeing (Online) **Change & Attachment**  
 1:30pm - 3:30pm Art Therapy

9:30am - 11:30am Journaling & Storytelling **16**  
 9:30am - 11:30am Kingaroy 5 Ways To Wellbeing (Online) **Holding Space**  
**11:30am - 1:30pm Momentum Mental Health Client's Christmas Party!**  
 1:30pm - 3:30pm Art Therapy

9:30am - 11:30am Kingaroy 5 Ways To Wellbeing (Online) **23**  
 9:30am - 11:30am Baking  
 11am - 1pm Festive Arts & Crafts  
 1:30pm - 3:30pm Christmas Trivia

**SORRY! WE'RE CLOSED**

**30**

## WEDNESDAY

10am - 12pm Crafts **3**  
**Papercraft**  
 10am - 12pm Warwick 5 Ways To Wellbeing (Online) **Reframing**  
 11am - 1pm Job Club SQW  
 1pm - 4pm Dungeons & Dragons @ LIBRARY

10am - 12pm Crafts **10**  
**Papercraft**  
 10am - 12pm Baking  
 10am - 12pm Warwick 5 Ways To Wellbeing (Online) **Change & Attachment**  
 11am - 1pm Job Club SQW

10am - 12pm Crafts **17**  
**Papercraft**  
 10am - 12pm Warwick 5 Ways To Wellbeing (Online) **Holding Space**  
 11am - 1pm Job Club SQW  
 1pm - 4pm Dungeons & Dragons @ LIBRARY

9:30am - 11:30am Kindness Cards **24**  
 12pm - 1pm Chair Yoga  
 1:30pm - 3:30pm Wellbeing Tree-Bauble Decorating

**SORRY! WE'RE CLOSED**

**31**

## THURSDAY

9:30am - 11:30am Art Therapy Basics **4**  
 9:30am - 11:30am Dalby 5 Ways To Wellbeing (Online) **Reframing**  
 1:30pm - 3:30pm Journaling & Storytelling Basics

9:30am - 11:30am Art Therapy Basics **11**  
 9:30am - 11:30am Dalby 5 Ways To Wellbeing (Online) **Change & Attachment**  
 1:30pm - 3:30pm Creative Journaling

9:30am - 11:30am Art Therapy Basics **18**  
 9:30am - 11:30am Dalby 5 Ways To Wellbeing (Online) **Holding Space**  
 1:30pm - 3:30pm Creative Journaling

**SORRY! WE'RE CLOSED**

**25**

## FRIDAY

10am - 12pm Warwick 5 Ways To Wellbeing (Online) **Reframing**  
 1pm - 1:45pm Tai Chi  
 2pm - 3:30pm Trivia! (F2F or Online)! **5**

10am - 12pm Warwick 5 Ways To Wellbeing (Online) **Change & Attachment**  
 1pm - 1:45pm Tai Chi  
 2pm - 3pm Coffee @ **12**

10am - 12pm Warwick 5 Ways To Wellbeing (Online) **Holding Space**  
**Employment Opportunities Session** **Vanguard**  
 11am - 12pm Vanguard Laundry  
 1pm - 1:45pm Tai Chi  
 2pm - 3pm Coffee @ **19**

**SORRY! WE'RE CLOSED**

**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!

### ADA Link Service [Monthly]

ADA Link assists clients over the age of 65 (or over 50 if indigenous). Last Tuesday of each month from 9am.



### Art Therapy [Multiple, Weekly]

Release your creativity with us each week on Mondays, Tuesdays and Thursdays! These sessions incorporate creative methods of expression through visual art media to improve wellbeing.

### SQW Cert II [ Multiple, Weekly]

Momentum Mental Health is partnering with Aurora Training Institute and Vanguard to bring you a brand-new opportunity to build confidence, grow your skills, and take the next step in life or work. Please ask reception on how to enroll.

### Coffee @ [Weekly Except on Trivia Day]

Take the opportunity to build your connections! Join us for a session at a local café that focusses on meeting out, going local, and being social. Meet us at Momentum.

### Cooking & Baking [Fortnightly]

Join us during the week to bake or cook up something delicious, learn some new skills, and stay to enjoy your creation. Have you got a recipe you'd like to try?

### Open House BBQ [Monthly]

Join us for an Open House BBQ to see what Momentum is all about, learn about our programs and services. Connect with new and old friends. Stay for a yarn, or grab and go. No RSVP needed, just turn up and say G'day.

### Dungeons & Dragons [Fortnightly]

Meet us at the Toowoomba Library for an afternoon of making friends, felling foes, overcoming obstacles and all-round adventure! Our experienced Dungeon Master will teach you how to play.

### Gardening [Ad-Hoc, ask your Coach about how to join]

Tending to a garden and connecting with fresh air, nature, and other like minded individuals is proven to be good for wellbeing.

**ASK RECEPTION TO BOOK A 1:1 AT ANY TIME**

### Warwick, Kingaroy & Dalby: 5 Ways To Wellbeing



Can't join onsite? Join us online by looking out for this symbol. View Online Calendar & Website for details on how to access online sessions by clicking on the QR Code on the first page.



### 5 Ways To Wellbeing [Weekly]

Explore the 5 Ways to Wellbeing and learn techniques to be your best self as we explore topics like healthy sleep habits, reducing isolation, building positive relationships.

### Creative Journaling [Multiple, Weekly]

Delve in to the world of journaling and creative writing each week on Tuesdays and Thursdays! It's a great opportunity to learn some new skills, create some amazing stories through short exercises.

### Vanguard Laundry [Monthly]

Vanguard will assist clients/members with Employment opportunities third Friday of each month from 11am at Momentum.



### Lifeline & Good Shepherd Session [Monday to Friday]

Lifeline Darling Downs provide gambling awareness information, money management advice and support Good Shepherd provide financial counselling to client: "On Demand" Option - Tailored for You!

**ASK RECEPTION TO BOOK A 1:1 AT ANY TIME**



### Crafts [Weekly]

Please bring your own crafts if you have one or use Momentum's crafts and share what you are doing with the group. Come along and make some new friends over a coffee and a chat. All are welcome.

### Lunch Tranquility Hour Meditation [Fortnightly]



Meditation can benefit us physically, by decreasing blood pressure and increasing our immune system and energy levels. Join us fortnightly at Momentum.

### Lunch Tranquility Hour Sound Bathing [Fortnightly]



Sound Bathing allows you to access a space of deep rest and even deep relaxation. It decreases tension, anxiety, and negative moods. Join us fortnightly at Momentum.

### Tai Chi [Weekly]

Tai chi is often described as "meditation in motion" and is the perfect exercise for all fitness levels. Come along and give it a go each Friday afternoon at Momentum.

### TASC Service [Fortnightly]

Nic will be visiting MMH on a fortnightly basis between 11am - 12pm. TASC provide support and create solutions together through expert legal, advocacy and social services ensuring you are treated fairly.



### Trivia [Monthly]

Flex those general knowledge muscles and learn something new by joining us for Trivia! Once a month on a Friday from 1pm at Momentum!



Mental health and wellbeing for everyone, every single day.

**TOOWOOMBA, DALBY, CHINCHILLA, KINGAROY & WARWICK**

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