Friday

1pm -

1:45pm

1pm -

10am –

12pm

1pm –

1:45pm

House BBO

Sorry We're

2pm -

3:30pm

2pm -

11am -

2pm -

3:30pm

Laundry

1:45pm 3:30pm

Vanguard 12pm

69

Cert II Link to **Therapy** & Story **Bathing Chi** Wellbeing telling **Dragons**

5 Ways To Wellbeing

ADA Link Service [Monthly]

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

Art Therapy [Multiple, Weekly]

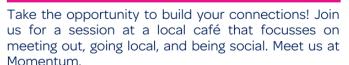


Release your creativity with us each week on Mondays, Tuesdays and Thursdays! These sessions incorporate creative methods of expression through visual art media to improve wellbeing.

SQW Cert II [Multiple, Weekly]

Momentum Mental Health is partnering with Aurora Training Institute and Vanguard to bring you a brandnew 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]



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.

Negligering

Wellbeing

5 Ways To Wellbeing [Weekly]



sleep habits, reducing isolation, building positive and give it ago each Friday afternoon at Momentum. relationships.

Creative Journaling [Multiple, Weekly]



amazing stories through short exercises.

Vanguard Laundry [Monthly]





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 clients "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]



Explore the 5 Ways to Wellbeing and learn techniques Tai chi is often described as "meditation in motion" and to be your best self as we explore topics like healthy is the perfect exercise for all fitness levels. Come along

TASC Service [Fortnightly]

Delve in to the world of journaling and creative writing Nic will be visiting MMH on a fortnightly basis between each week on Tuesdays and Thursdays! It's a great 11am - 12pm. TASC provide support and create opportunity to learn some new skills, create some solutions together through expert legal, advocacy tasc 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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