


Monday

Tuesday

Wednesday

Thursday

Friday

<p>1  9am – 11am  1pm – 3pm </p> <p>10am – 12noon 1pm – 2pm </p> <p> 11:30am – 1:30pm & 30 mins Sound  Bathing</p>	<p>2    </p> <p>9:30am – 11:30am 9:30am – 1:30pm – 3:30pm</p>	<p>3  10am – 12pm  10am – 12pm</p> <p> 1pm – 4pm  11am – 1pm</p>	<p>4   </p> <p>9:30am – 11:30am 9:30am – 11:30am 1:30pm – 3:30pm</p>	<p>5    2pm – 3:30pm</p> <p>10am – 12pm 1pm – 1:45pm</p>
<p>8  10am – 12noon  9am – 11am</p> <p> 11:30am – 1:30pm  1pm – 3pm</p>	<p>9   </p> <p>9:30am – 11:30am 9:30am – 1:30pm – 3:30pm</p>	<p>10  10am – 12pm  10am – 12pm</p> <p> 10am – 12pm  11am – 1pm</p>	<p>11   </p> <p>9:30am – 11:30am 9:30am – 11:30am 1:30pm – 3:30pm</p>	<p>12    2pm – 3:30pm</p> <p>10am – 12pm 1pm – 1:45pm</p>
<p>15    </p> <p>9am – 11:15am 10am – 11am 12:15pm 1pm – 3pm</p> <p>12noon 1pm – 2pm </p> <p> 11:30am – 1:30pm & 30 mins Sound  Bathing</p>	<p>16  9:30am – 11:30am </p> <p>11:30am – 1:30pm  1:30pm – 3:30pm</p>	<p>17  10am – 12pm  10am – 12pm</p> <p> 1pm – 4pm  11am – 1pm</p>	<p>18   </p> <p>9:30am – 11:30am 9:30am – 11:30am 1:30pm – 3:30pm</p>	<p>19  10am – 12pm  11am – 12pm</p> <p> 1pm – 1:45pm  2pm – 3:30pm</p>
<p>22  </p> <p>Christmas Activities 9:30am – 4pm</p>	<p>23  9:30am – 11:30am </p> <p> 11am – 1pm  1:30pm – 3:30pm</p>	<p>24  </p> <p>9:30am – 11:30am 1:30pm – 3:30pm</p>	<p>25 </p>	<p>26 </p>
<p>29 </p>	<p>30 </p>	<p>31 </p>	<p></p>	<p></p>

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

Ph: (07) 4632 4688

E: admin@momentummentalhealth.com.au

W: momentummentalhealth.com.au