



**momentum**  
MENTAL HEALTH

KINGAROY & DALBY

PROGRAM

# SCHEDULE

JANUARY 2026



6 TUES  
KINGAROY

8 THURS  
DALBY

NO SESSION  
NETWORKING



13 TUES  
KINGAROY

15 THURS  
DALBY

NO SESSION  
NETWORKING



20 TUES  
KINGAROY

22 THURS  
DALBY

10:30AM - 2:30PM

**TOPIC:  
CONFIDENCE**

10AM - 1PM



27 TUES  
KINGAROY

29 THURS  
DALBY

10:30AM - 2:30PM

**TOPIC:  
COMPASSION**

10AM - 1PM

**Kingaroy Address:** Grace House, 53  
Albert Street Kingaroy QLD 4610

**Dalby Address:** Myall Youth &  
Community Network Centre, 28C  
Nicholson St, Dalby QLD 4405

More information

<https://momentummentalhealth.com.au/>