

























































Monday	Tuesday	Wednesday	Thursday	Friday
 2  10am - 12pm Family & Carers Program CITY LIBRARY  1pm - 3pm Expressive Art Therapy	3  9:30am - 11:30am Therapeutic Journaling  1pm - 3pm Art Therapy (Psychotherapy Lens)	 4 10am - 12pm Cooking/Baking  10am - 12pm Crafts  1pm - 3pm Family & Carers Program - Crafts	5  9:30am - 11:30am Art Therapy (Art Lens)  1pm - 3pm Creative Journaling	6  9am - 11am Pottery  11am - 12:30pm Trivia  1pm - 1:45pm Tai Chi  2pm - 3pm Gardening*
9  10am - 12pm Family & Carers Program CITY LIBRARY  1pm - 3pm Expressive Art Therapy	10  9:30am - 11:30am Therapeutic Journaling  1pm - 3pm Art Therapy (Psychotherapy Lens)	 11  10am - 12pm Cooking/Baking  10am - 12pm Crafts  1pm - 3pm Family & Carers Crafts  1pm - 4pm Dungeons & Dragons CITY LIBRARY	12  9:30am - 11:30am Art Therapy (Art Lens)  1pm - 3pm Creative Journaling	13  9am - 11am Pottery  1pm - 1:45pm Tai Chi  2pm - 3pm Gardening*
 16  10am - 12pm Family & Carers Program CITY LIBRARY  1pm - 3pm Expressive Art Therapy	17  9:30am - 11:30am Therapeutic Journaling  1pm - 3pm Art Therapy (Psychotherapy Lens)	18  10am - 12pm Cooking/Baking  10am - 12pm Crafts  1pm - 3pm Family & Carers Program - Crafts	19  9:30am - 11:30am Art Therapy (Art Lens)  1pm - 3pm Creative Journaling	 20  9am - 11am Pottery  1pm - 1:45pm Tai Chi  2pm - 3pm Gardening*
23  10am - 12pm Family & Carers Program CITY LIBRARY  1pm - 3pm Expressive Art Therapy	24  9:30am - 11:30am Therapeutic Journaling  1pm - 3pm Art Therapy (Psychotherapy Lens)	 25  10am - 12pm Cooking/Baking  10am - 12pm Crafts  1pm - 3pm Family & Carers Crafts  1pm - 4pm Dungeons & Dragons CITY LIBRARY	26  9:30am - 11:30am Art Therapy (Art Lens)  1pm - 3pm Creative Journaling	27  9am - 11am Pottery  1pm - 1:45pm Tai Chi  2pm - 3pm Gardening*

February 2026

In-Reach Services*:



NDIS Advice
Fortnightly Wednesdays 1- 4pm



Employment opportunities
3rd Friday 11am - 12pm



Legal Advice
Fortnightly Mondays 11am - 12pm


momentum
MENTAL HEALTH



For more information visit our website:

Thanks to Our Sponsors:



Family and Carers Program



Program supplies



Wellbeing sessions



Free Clinical Psychology sessions

Program Funding Acknowledgement

Skilling Queenslanders for Work (SQW)



Aurora



Vanguard



momentum

Free Cert II - Funded by the Queensland Government.

TUESDAYS Foundation Skills session (9am - 12pm) followed by Job Club (12pm - 1pm) Lunch provided.

THURSDAYS Foundation Skills session (12pm - 2pm) Lunch provided.

Group-Based Peer Recovery Support Program (GBPRSP) - Funded by Queensland Health

Unless stated, all programs are delivered from Momentum Mental Health,
112 Russell Street, Toowoomba 4350 | Phone (07) 4632 4688



Art Therapy (Thanks to Rotary East Toowoomba for Supplies and Qld Gives)

Release your creativity with us each week. These sessions incorporate creative methods of expression through visual art media to improve wellbeing.



Cooking & Baking

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?



Crafts



Get creative and unwind in our Crafts Sessions! Each session explores a different craft, including jewelry making, beading, macramé, scrapbooking, and more. These hands-on workshops are a fun way to express yourself, learn new skills, and connect with others in a relaxed and supportive environment.



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.



Family & Carers Program (Thanks to Qld Gives)

Based on Momentum's 5 Ways to Wellbeing, this program provides education and practical strategies to support your social, spiritual, physical, and mental/emotional wellbeing. It is designed to empower families and carers with the knowledge and tools to strengthen connections, manage stress, and promote overall wellbeing for themselves and the people they care for.



Gardening

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



Journaling (Creative and Therapeutic)

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



Pottery

Get your hands dirty and your creativity flowing in our Pottery Sessions! Learn to shape, mould, and create beautiful pieces that you can keep and treasure. These sessions are a relaxing and fun way to express yourself, develop new skills, and connect with others in a supportive environment.



Tai Chi

Tai chi is often described as "meditation in motion" and is the perfect exercise for all fitness levels.

Momentum Mental Health – February 2026

Focus: Keep Learning

This month, we're celebrating the joy and benefits of lifelong learning!

Keeping your mind active through learning isn't just about formal education – it's about exploring new ideas, trying new activities, and expanding your skills. Learning can boost your confidence, improve your mental wellbeing, and help you stay curious about the world.

Tips for keeping learning this month:

- Try a new class or workshop – Momentum offers a variety of creative and skill-building sessions to spark your curiosity.
- Read, watch, or listen to something new – explore a book, podcast, or documentary on a topic you've never tried before.
- Learn from others – attend community events, talks, or group discussions to hear different perspectives.
- Set a small personal challenge – whether it's learning a new recipe, a craft technique, or a mindfulness exercise, small goals keep your brain engaged.
- Share your knowledge – teaching or showing someone else something you've learned reinforces your own learning and helps others grow too.

Remember, learning isn't just for school – it's for life! Every new skill, idea, or experience contributes to your wellbeing.

