



WARWICK PROGRAM

SCHEDULE

JANUARY 2026



09
Fri

10AM - 12PM

HOLDING SPACE

Art activities based on "holding space". Individual 30 min 1;1 coaching sessions also available



16
Fri

10AM - 12PM

COMMUNICATION

Art activities based on "communication". Individual 30 min 1;1 coaching sessions also available



23
Fri

10AM - 12PM

CONFIDENCE

Art activities based on "confidence". Individual 30 min 1;1 coaching sessions also available



30
Fri

10AM - 12PM

COMPASSION

Art activities based on "confidence". Individual 30 min 1;1 coaching sessions also available

SDEIA Building, 163 Palmerin Street, Warwick QLD 4370

More information

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