

# KINGAROY & DALBY

## MARCH 2026

# SCHEDULE



**momentum**  
MENTAL HEALTH



3 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC:**  
**VULNERABILITY**

5 THURS 10AM - 1PM  
DALBY



10 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC: ADDRESSING  
ANXIETY**

12 THURS 10AM - 1PM  
DALBY



17 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC:**  
**I AM ENOUGH**

19 THURS 10AM - 1PM  
DALBY



24 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC:**  
**PROCRASTINATION**

26 THURS 10AM - 1PM  
DALBY



31 TUES 10:30AM - 2:30PM  
KINGAROY

**TOPIC:**  
**CELEBRATING  
THE LITTLE THINGS**

2 THURS 10AM - 1PM  
DALBY

**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/>