



2026 March

For more information visit our website:



Monday	Tuesday	Wednesday	Thursday	Friday
<p>tasc 2</p> <p>5 Ways To Wellbeing 10am - 12pm Family & Carers Program CITY LIBRARY</p> <p>5 Ways To Wellbeing 1pm - 3pm Expressive Art Therapy</p>	<p>3</p> <p>9:30am - 11:30am Therapeutic Journaling</p> <p>5 Ways To Wellbeing 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>4</p> <p>Chef icon 10am - 12pm Cooking/Baking</p> <p>5 Ways To Wellbeing 10am - 12pm: 3D Wooden Craft Model</p> <p>5 Ways To Wellbeing 1pm - 3pm Family & Carers Program</p>	<p>5</p> <p>5 Ways To Wellbeing 9:30am - 11:30am Art Therapy (Art Lens)</p> <p>5 Ways To Wellbeing 1pm - 3pm Creative Journaling</p>	<p>6</p> <p>5 Ways To Wellbeing 9am - 11am Pottery</p> <p>5 Ways To Wellbeing 12:30pm - 1:30pm Decluttering</p> <p>5 Ways To Wellbeing 1pm - 1:45pm Tai Chi</p> <p>5 Ways To Wellbeing 2pm - 3pm Gardening*</p> <p>5 Ways To Wellbeing 2pm - 3:30pm Trivia</p>
<p>9</p> <p>5 Ways To Wellbeing 10am - 12pm Family & Carers Program CITY LIBRARY</p> <p>5 Ways To Wellbeing 1pm - 3pm Expressive Art Therapy</p>	<p>10</p> <p>9:30am - 11:30am Therapeutic Journaling</p> <p>5 Ways To Wellbeing 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>11</p> <p>Footsteps icon 10am - 12pm Cooking/Baking</p> <p>5 Ways To Wellbeing 10am - 12pm Crafts</p> <p>5 Ways To Wellbeing 1pm - 3pm Family & Carers Crafts</p> <p>5 Ways To Wellbeing 1pm - 4pm Dungeons & Dragons CITY LIBRARY</p>	<p>12</p> <p>5 Ways To Wellbeing 9:30am - 11:30am Art Therapy (Art Lens)</p> <p>5 Ways To Wellbeing 1pm - 3pm Creative Journaling</p>	<p>13</p> <p>5 Ways To Wellbeing 9am - 11am Pottery</p> <p>5 Ways To Wellbeing 10:30am - 12:30pm Puppetry</p> <p>5 Ways To Wellbeing 12:30pm - 1:30pm Decluttering</p> <p>5 Ways To Wellbeing 1pm - 1:45pm Tai Chi</p> <p>5 Ways To Wellbeing 2pm - 3pm Gardening*</p>
<p>tasc 16</p> <p>5 Ways To Wellbeing 10am - 12pm Family & Carers Program CITY LIBRARY</p> <p>5 Ways To Wellbeing 1pm - 3pm Expressive Art Therapy</p>	<p>17</p> <p>9:30am - 11:30am Therapeutic Journaling</p> <p>5 Ways To Wellbeing 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>18</p> <p>Chef icon 10am - 12pm Cooking/Baking</p> <p>5 Ways To Wellbeing 10am - 12pm: Crafts</p> <p>5 Ways To Wellbeing 1pm - 3pm Family & Carers Program</p>	<p>19</p> <p>5 Ways To Wellbeing 9:30am - 11:30am Art Therapy (Art Lens)</p> <p>5 Ways To Wellbeing 1pm - 3pm Creative Journaling</p>	<p>20</p> <p>5 Ways To Wellbeing 9am - 11am Pottery</p> <p>5 Ways To Wellbeing 12:30pm - 1:30pm Decluttering</p> <p>5 Ways To Wellbeing 1pm - 1:45pm Tai Chi</p> <p>5 Ways To Wellbeing 2pm - 3pm Gardening*</p>
<p>23</p> <p>5 Ways To Wellbeing 10am - 12pm Family & Carers Program CITY LIBRARY</p> <p>5 Ways To Wellbeing 1pm - 3pm Expressive Art Therapy</p>	<p>24</p> <p>9:30am - 11:30am Therapeutic Journaling</p> <p>5 Ways To Wellbeing 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>25</p> <p>Footsteps icon 10am - 12pm Cooking/Baking</p> <p>5 Ways To Wellbeing 10am - 12pm Crafts</p> <p>5 Ways To Wellbeing 1pm - 3pm Family & Carers Crafts</p> <p>5 Ways To Wellbeing 1pm - 4pm Dungeons & Dragons CITY LIBRARY</p>	<p>26</p> <p>5 Ways To Wellbeing 9:30am - 11:30am Art Therapy (Art Lens)</p> <p>5 Ways To Wellbeing 1pm - 3pm Creative Journaling</p>	<p>27</p> <p>SORRY! WE'RE CLOSED</p>
<p>tasc 30</p> <p>5 Ways To Wellbeing 10am - 12pm Family & Carers Program CITY LIBRARY</p> <p>5 Ways To Wellbeing 1pm - 3pm Expressive Art Therapy</p>	<p>31</p> <p>9:30am - 11:30am Therapeutic Journaling</p> <p>5 Ways To Wellbeing 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>Puppetry Sessions Fridays 10:30am-12:30pm</p> <p>NEW!</p>	<p>"Clean Spaces, Clean Minds" Decluttering Sessions Fridays 12:30am-1:30pm</p>	<p>Program Funding Acknowledgement Skilling Queenslanders for Work (SQW)</p>

Rotary Toowoomba East Program supplies

ALPINE Wellbeing sessions

PeopleFirst Bank Free Clinical Psychology sessions

FKS GROUP

Program Funding Acknowledgement
Skilling Queenslanders for Work (SQW)



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





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

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 – March 2026

Focus: Be Active

This month, we're focusing on the benefits of getting active for your body and mind!

Being active isn't just about intense exercise – it's about moving in ways that feel good for you. Regular physical activity can boost your mood, reduce stress, improve sleep, increase energy levels, and support overall mental wellbeing. Even small amounts of movement can make a big difference.

Tips for being active this month:

- Start small and build up – a short daily walk, gentle stretching, or light gardening can be a great beginning.
- Find activities you enjoy – dancing, swimming, yoga, cycling, or playing with pets or children all count as movement.
- Make it social – invite a friend, family member, or join a group activity to stay motivated and connected.
- Take movement breaks – stand up, stretch, or walk around regularly, especially if you sit for long periods.
- Get outdoors when you can – fresh air and nature can enhance the mental health benefits of physical activity.
- Remember, being active is about progress, not perfection. Choose activities that suit your ability, lifestyle, and interests. Every step, stretch, and movement supports your wellbeing.