

Who We Are

Momentum Mental Health is an award-winning not-for-profit charity dedicated to supporting mental health and wellbeing.

With a strong footprint in the Toowoomba community since 1996, formerly known as Toowoomba Clubhouse, Momentum was established in 2021 to expand our reach and work across the full mental health continuum. We support individuals experiencing acute and severe mental health challenges, as well as those who are looking to proactively strengthen their wellbeing through prevention-focused supports.

We work alongside people of all ages (8+) to build confidence, connection, and practical life skills - supporting individuals to live meaningful and fulfilling lives.



momentum

MENTAL HEALTH

Supporting Your Mental Wellbeing Journey

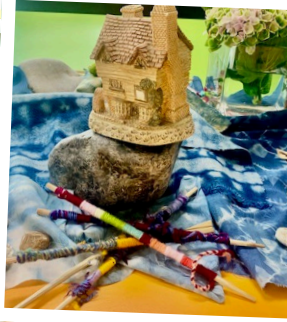
NDIS COACHING & GROUP
PROGRAMS WITH MOMENTUM
MENTAL HEALTH



E : admin@momentummentalhealth.com.au

W : www.momentummentalhealth.com.au

A : 112 Russell Street, Toowoomba 4350



What We Offer

NDIS Supports Available

We offer flexible support for participants who are:

- Plan-managed
- Self-managed



1:1 Coaching/ Psychosocial Recovery Coaching

Personalised support tailored to your goals, including:

- Building confidence and independence
- Emotional wellbeing support
- Developing daily living skills
- Goal setting and motivation
- Social and community participation



Group Programs

Momentum offers over 60 group programs each month – from Art Therapy, Journalling, and Storytelling through to Tai Chi, Sound Bathing, and even Dungeons & Dragons.

Each program is designed to support your mental and emotional wellbeing, build confidence, and help you connect with others in a safe, welcoming space.

Weekly Schedule Example

MONDAY Life skills Social skills group	TUESDAY Therapeutic Journalling Art Therapy
WEDNESDAY Cooking skills Crafts	THURSDAY Relaxation session Digital Skills
FRIDAY Decluttering session Tai Chi Gardenig	

These programs provide a structured, flexible and person-centred approach to supporting individuals with disabilities under the NDIS.

It promotes independence, wellbeing and meaningful participation in the community while aligning with best practice mental health frameworks including the 5 Way to Wellbeing.