



June 2026



For more information visit our website:



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p> 10am - 12pm Trivia</p> <p>Youth & Families Day</p>	<p>2</p> <p> 9:30am - 11:30am Therapeutic Journaling</p> <p> 10am - 12pm Paint & Sip</p> <p> 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>3</p> <p> 10am - 12pm Cooking/Baking</p> <p> 10am - 12pm Crafts*</p> <p> 1pm - 3pm Expressive Art Therapy</p> <p> 1pm - 4pm Dungeons & Dragons CITY LIBRARY</p>	<p>4</p> <p> 9:30am - 11:30am Art Therapy (Art Lens)</p> <p>Open House High tea 10:30am - 11:30am</p> <p> 1pm - 3pm Creative Journaling</p>	<p>5</p> <p> 10am - 12pm 5 Ways to Wellbeing</p> <p> 1pm - 1:45pm Tai Chi</p> <p> 2pm - 3pm Men's Group</p>
<p>8</p> <p> 10am - 12pm Trivia </p> <p>Youth & Families Day</p>	<p>9</p> <p> 9:30am - 11:30am Therapeutic Journaling</p> <p> 10am - 12pm Paint & Sip</p> <p> 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>10</p> <p> 10am - 12pm Cooking/Baking</p> <p> 10am - 12pm: Crafts*</p> <p> 1pm - 3pm Expressive Art Therapy</p>	<p>11</p> <p> 9:30am - 11:30am Art Therapy (Art Lens)</p> <p> 10am - 12pm Traditional Indian Cooking</p> <p> 1pm - 3pm Creative Journaling</p> <p> 1pm - 3pm Gardening</p>	<p>12</p> <p> 10am - 12pm 5 Ways to Wellbeing</p> <p> 12:30pm - 1:30pm Decluttering</p> <p> 1pm - 1:45pm Tai Chi</p> <p> 2pm - 3pm Men's Group</p>
<p>15</p> <p> 10am - 12pm Trivia</p> <p>Youth & Families Day</p>	<p>16</p> <p> 9:30am - 11:30am Therapeutic Journaling</p> <p> 10am - 12pm Paint & Sip</p> <p> 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>17</p> <p> 10am - 12pm Cooking/Baking</p> <p> 10am - 12pm Crafts*</p> <p> 1pm - 3pm Expressive Art Therapy</p> <p> 1pm - 4pm Dungeons & Dragons CITY LIBRARY</p>	<p>18</p> <p> 9:30am - 11:30am Art Therapy (Art Lens)</p> <p> 10am - 12pm Traditional Indian Cooking</p> <p> 1pm - 3pm Creative Journaling</p> <p> 1pm - 3pm Gardening</p>	<p>19 </p> <p> 10am - 12pm 5 Ways to Wellbeing</p> <p> 1pm - 1:45pm Tai Chi</p> <p> 2pm - 3pm Men's Group</p>
<p>22 </p> <p> 10am - 12pm Trivia</p> <p>Youth & Families Day</p>	<p>23</p> <p> 9:30am - 11:30am Therapeutic Journaling</p> <p> 10am - 12pm Paint & Sip</p> <p> 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>24</p> <p> 10am - 12pm Cooking/Baking</p> <p> 10am - 12pm: Crafts*</p> <p> 1pm - 3pm Expressive Art Therapy</p>	<p>25</p> <p> 9:30am - 11:30am Art Therapy (Art Lens)</p> <p> 10am - 12pm Traditional Indian Cooking</p> <p> 1pm - 3pm Creative Journaling</p> <p> 1pm - 3pm Gardening</p>	<p>26</p> <p> 10am - 12pm 5 Ways to Wellbeing</p> <p> 12:30pm - 1:30pm Decluttering</p> <p> 1pm - 1:45pm Tai Chi</p> <p> 2pm - 3pm Men's Group</p>
<p>29</p> <p> 10am - 12pm Trivia</p> <p>Youth & Families Day</p>	<p>30</p> <p> 9:30am - 11:30am Therapeutic Journaling</p> <p> 10am - 12pm Paint & Sip</p> <p> 1pm - 3pm Art Therapy (Psychotherapy Lens)</p>	<p>Every Tuesday 10am - 12pm</p> <p><i>Paint & Sip</i></p> <p> Guided painting session All materials provided </p>	<p>Open House High tea</p> <p> 10:30am - 11:30am 4 June 2026</p>	<p>MEN'S GROUP</p> <p>The opportunity to form new friendships and connections</p> <p></p>

In-Reach Services:



Free Legal & Advocacy Advice
Every Second Monday
8 June and 22 June



Employment opportunity
1-2pm
Friday, 19 June

Thanks to Our Monthly Program Sponsor supporting our Group programs & Free Bulk-Billed Clinical Psychology

GRAND CENTRAL

Program Funding Acknowledgement

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

Kickstarter Youth Program –
Funded by Queensland Government





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? Every second Friday we offer traditional Indian cooking too!



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.

5 Ways to Wellbeing



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.



Decluttering

If you find yourself buying unnecessary items or struggling to let things go, join our decluttering sessions to create a clean space and a clearer, more focused mind.



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, and create some amazing stories through short exercises.



Men's Group (Thanks to Order of St John's)

Come and join a men's group to learn new skills and connect with others in a supportive and welcoming environment.



Tai Chi

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



Trivia

Come and join our trivia group to test your knowledge, have fun, and connect with others in a relaxed and friendly setting.



momentum
MENTAL HEALTH

NRG SERVICES PRESENTS

DANCE THE WINTER BLUES AWAY

A GIRLS NIGHT OUT FULL OF SINGING, DANCING AND FUN

FEATURING THE TALENTED
HOLLY TERRENS
SINGER | MUSICIAN | DJ

SAT 18TH JULY 6PM - 10PM
THE POWERHOUSE TOOWOOMBA

TICKETS \$75
+ BOOKING FEE

SCAN FOR TICKETS

PROUDLY SUPPORTING **momentum** MENTAL HEALTH

**PLEASE NOTE: This is a friendly & safe space for women and people who identify as women and unfortunately the minimum age is 18 as it is held at a licensed venue.