



# May 2026



## momentum

MENTAL HEALTH



For more information visit our website:



Monday      Tuesday      Wednesday      Thursday      Friday



### New Trivia Day & Time

MONDAY'S 10AM - 12PM



### Gardening On-Demand

ARRANGE A TIME WITH YOUR COACH



1  
 10am - 12pm Traditional Indian Cooking  
 12:30pm - 1:30pm Decluttering  
 1pm - 1:45pm Tai Chi  
 2pm - 3pm Men's Group

4  
  
**Public Holiday**

5  
 9:30am - 11:30am Therapeutic Journaling  
 1pm - 3pm Art Therapy (Psychotherapy Lens)

6  
 10am - 12pm Cooking/Baking  
 10am - 12pm Crafts\*  
 1pm - 3pm Expressive Art Therapy  
 1pm - 4pm Dungeons & Dragons CITY LIBRARY

7  
 9:30am - 11:30am Art Therapy (Art Lens)  
 1pm - 3pm Creative Journaling

8  
 12:30pm - 1:30pm Decluttering  
 1pm - 1:45pm Tai Chi  
 2pm - 3pm Men's Group

11  
  
**Staff Training**

12  
 9:30am - 11:30am Therapeutic Journaling  
 1pm - 3pm Art Therapy (Psychotherapy Lens)

13  
 10am - 12pm Cooking/Baking  
 10am - 12pm: Crafts\*  
 1pm - 3pm Expressive Art Therapy

14  
 9:30am - 11:30am Art Therapy (Art Lens)  
 1pm - 3pm Creative Journaling

15  
 10am - 12pm Traditional Indian Cooking  
 12:30pm - 1:30pm Decluttering  
 1pm - 1:45pm Tai Chi  
 2pm - 3pm Men's Group

18  
 10am - 12pm 5 Ways to Wellbeing  
 10am - 12pm Trivia  
**Youth & Families Day**

19  
 9:30am - 11:30am Therapeutic Journaling  
 1pm - 3pm Art Therapy (Psychotherapy Lens)

20  
 10am - 12pm Cooking/Baking  
 10am - 12pm Crafts\*  
 1pm - 3pm Expressive Art Therapy  
 1pm - 4pm Dungeons & Dragons CITY LIBRARY

21  
 9:30am - 11:30am Art Therapy (Art Lens)  
 1pm - 3pm Creative Journaling

22  
 12:30pm - 1:30pm Decluttering  
 1pm - 1:45pm Tai Chi  
 2pm - 3pm Men's Group

25  
 10am - 12pm 5 Ways to Wellbeing  
 10am - 12pm Trivia  
**Youth & Families Day**

26  
 9:30am - 11:30am Therapeutic Journaling  
 1pm - 3pm Art Therapy (Psychotherapy Lens)

27  
 10am - 12pm Cooking/Baking  
 10am - 12pm Crafts\*  
 1pm - 3pm Expressive Art Therapy

28  
 9:30am - 11:30am Art Therapy (Art Lens)  
 1pm - 3pm Creative Journaling

29  
 10am - 12pm Traditional Indian Cooking  
 12:30pm - 1:30pm Decluttering  
 1pm - 1:45pm Tai Chi  
 2pm - 3pm Men's Group

**In-Reach Services:**  
 Free Legal & Advocacy Advice Every Second Monday 18 May  
 Employment opportunity 1-2pm Friday, 22 May

**Thanks to Our Monthly Sponsors supporting our new Men's Group every Friday!**  
 Sovereign Order Of ST. JOHN OF JERUSALEM Knights Hospitaller

**Program Funding Acknowledgement**  
**Group-Based Peer Recovery Support Program (GBPRSP) –** Funded by Queensland Health  
**Kickstarter Youth Program –** Funded by Queensland Government

We support the



## 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.



## 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.



**NRG SERVICES**  
PRESENTS  
**DANCE THE WINTER BLUES AWAY**  
A GIRLS NIGHT OUT

**GUEST DJ / PERFORMER**  
6PM - 10PM SAT 18<sup>TH</sup> JULY  
THE POWERHOUSE TOOWOOMBA

**TICKETS \$75**  
+ BOOKING FEE

SCAN QR CODE FOR TICKETS

PROUDLY SUPPORTING **momentum**  
MENTAL HEALTH