



May 2026



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**



For more information visit our website:



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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**

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1pm - 3pm **Creative Journaling**

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Staff Training

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

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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!


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.



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.



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

GUEST DJ / PERFORMER
6PM - 10PM SAT 18TH JULY
THE POWERHOUSE TOOWOOMBA

TICKETS \$75
+ BOOKING FEE

SCAN QR CODE FOR TICKETS

PROUDLY SUPPORTING **momentum**
MENTAL HEALTH