



Monday	Tuesday	Wednesday	Thursday	Friday
3 tasc Youth & Families Day	4 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	5 10am - 12pm Zumba 10am - 12pm Scrapbooking 1pm - 3pm Expressive Art Therapy	6 9:30am - 11:30am Art Therapy (Art Lens) 10am - 12pm Traditional Indian Cooking 1pm - 3pm Creative Journaling 1pm - 3pm Gardening	7 5 Ways To Wellbeing 10am - 12pm 12pm - 1pm Coffee @ 12:30pm - 1:30pm Decluttering 1pm - 1:45pm Tai Chi 2pm - 3pm Men's Group
10 Youth & Families Day	11 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	12 10am - 12pm Zumba 10am - 12pm Scrapbooking 1pm - 3pm Expressive Art Therapy 1pm - 4pm Dungeons & Dragons CITY LIBRARY	13 9:30am - 11:30am Art Therapy (Art Lens) 10am - 12pm Cooking/Baking 1pm - 3pm Creative Journaling 1pm - 3pm Gardening	14 5 Ways To Wellbeing 10am - 12pm 12pm - 1pm Coffee @ 12:30pm - 1:30pm Digital Dilemmas 1pm - 1:45pm Tai Chi 2pm - 3pm Men's Group
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31 tasc Youth & Families Day	New Program Zumba WEDNESDAY'S 10AM - 12PM	Digital Dilemmas Program FRIDAY FORTNIGHTLY 12:30PM - 1:30PM	MEN'S GROUP The opportunity to form new friendships and connections	OPEN HOUSE COMFORT LUNCH COMFORT FOOD FOR WINTER DAYS THURSDAY 6TH AUGUST 12PM-1PM 112 RUSSELL STREET, TOOWOOMBA

In-Reach Services:



Free Legal & Advocacy Advice
Every Second Monday
3 Aug, 17 Aug & 31 Aug
at 11:30am



Employment opportunity by appointment

Please support Match it for Momentum!



Double your donation. Double your impact.



Thanks to Our Monthly Sponsor supporting our Wellbeing programs



Robin Hodge

Program Funding Acknowledgement

Group-Based Peer Recovery Support Program (GBRSP) –
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!



Scrapbooking

There is something incredibly grounding about putting your memories or favourite images onto paper to tell your story. Join us for a morning of whimsy as we do bookmaking using scrapbooking techniques. Together, they form a perfect tactile partnership: you build the vessel from scratch, and then you fill it with your life. Please bring photos or your favourite images to make your masterpiece. This activity lets you slow down and create an heirloom entirely your own



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.

Zumba



Zumba is a fun dance workout that combines upbeat music with easy-to-follow moves. It's a great way to get active, improve your fitness, meet new people, and have fun—no dance experience needed!



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.

JB'S Cabaret
presents

Chapter III

Thank you for the music

Saturday October 3rd
Doors open 5.30pm for a 6.30pm start
Rumours International, Toowoomba

Tickets \$49 Don't miss out!
+ Booking Fee

Featuring
the talented
**Maribel Gempel
& Erin Hilton**

Secure your
tickets now via
HUMANITIX


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the QR code

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