



September 2026

112 Russell Street, Toowoomba 4350



Monday	Tuesday	Wednesday	Thursday	Friday
- Connect - Be Active - Keep learning - Be Aware - Give back 	1 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	2 1pm - 3pm Expressive Art Therapy	3 9:30am - 11:30am Art Therapy (Art Lens) 1pm - 3pm Creative Journaling	4 10am - 12pm 5 Ways to Wellbeing 1pm - 1:45pm Tai Chi 2pm - 3pm Men's Group 
7 10am - 12pm Crafts – Book making	8 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	9 10am - 12pm Indian Cooking 1pm - 3pm Expressive Art Therapy 1pm - 4pm Dungeons & Dragons CITY LIBRARY	10 9:30am - 11:30am Art Therapy (Art Lens) 1pm - 3pm Creative Journaling	11 10am - 12pm 5 Ways to Wellbeing 1pm - 1:45pm Tai Chi 2pm - 3pm Men's Group 
 14 10am - 12pm Crafts Page Embellishing (Part One) 11:30am - 1pm Dealing with Distress (DWD)	15 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	16 1pm - 3pm Expressive Art Therapy	17 9:30am - 11:30am Art Therapy (Art Lens) 1pm - 3pm Creative Journaling	18 10am - 12pm 5 Ways to Wellbeing 1pm - 1:45pm Tai Chi  Employment opportunity 1 – 3pm 2pm - 3pm Men's Group 
21 10am - 12pm Crafts Page Embellishing (Part Two) 11:30am - 1pm Dealing with Distress (DWD)	22 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	23 10am - 12pm Indian Cooking 1pm - 3pm Expressive Art Therapy 1pm - 4pm Dungeons & Dragons CITY LIBRARY	24 9:30am - 11:30am Art Therapy (Art Lens) 1pm - 3pm Creative Journaling	25 10am - 12pm 5 Ways to Wellbeing 1pm - 1:45pm Tai Chi 2pm - 3pm Men's Group 
 28 10am - 12pm Crafts Page Embellishing (Part Three) 11:30am - 1pm Dealing with Distress (DWD)	29 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	30 1pm - 3pm Expressive Art Therapy	 Gardening On-Demand ARRANGE A TIME WITH YOUR COACH	Program Funding Acknowledgement Group-Based Peer Recovery Support Program (GBPRSP) – Funded by Queensland Health Kickstarter Youth Program – Funded by Queensland Government

In-Reach Services:

Free Legal & Advocacy Advice
Every Second Monday
14 Sept & 28 Sept
at 11:30am



Employment opportunity by appointment
18 September 1- 3pm



Please support Match it for Momentum!



Thanks to Our Monthly Sponsors supporting our Wellbeing programs



GIP'S FINE FOODS



The Long Lunch

A heartfelt thank you to our sponsors and supporters





Art Therapy

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.



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

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


Simply scan the QR code

102.7 FM TOOWOOMBA

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