November 2026

112 Russell Street, Toowoomba 4350

momentum MENTAL HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday
2 10am - 12pm Cooking or Baking 11:30am - 1pm Dealing with Distress (DWD) 1pm - 3pm Expressive Art Therapy	**3** 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	**4** 1pm - 4pm Dungeons & Dragons CITY LIBRARY	**5** 9:30am - 11:30am Art Therapy (Art Lens) 1pm - 3pm Creative Journaling	**6** 9am – 10am Coffee @ 10am - 12pm 5 Ways to Wellbeing 1pm - 1:45pm Tai Chi 1pm - 2pm Men's Group
9 10am - 12pm Cooking or Baking 11:30am - 1pm Dealing with Distress (DWD) 1pm - 3pm Expressive Art Therapy	**10** 9:30am - 11:30am Therapeutic Journaling 10am - 12pm Trivia 1pm - 3pm Art Therapy (Psychotherapy Lens)	**11**	**12** 9:30am - 11:30am Art Therapy (Art Lens) 1pm - 3pm Creative Journaling	**13** 9am – 10am Coffee @ 10am - 12pm 5 Ways to Wellbeing 1pm - 1:45pm Tai Chi 1pm - 2pm Men's Group
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30 10am - 12pm Cooking or Baking 1pm - 3pm Expressive Art Therapy	The 5 Ways to Wellbeing Colours: Connect Be Active Keep learning Be Aware Give back	Gardening On-Demand ARRANGE A TIME WITH YOUR COACH	MATCH IT FOR momentum Double your donation. Double your impact.	

In-Reach Services:

Free Legal & Advocacy Advice
Every Second Monday
9 Nov & 23 Nov
at 11:30am

Employment opportunity by appointment
20 November 1pm- 3pm

Thanks to all the sponsors, supporters and participants from OFF THE ROAD AGAIN who are this Month's Program Sponsors

OFF the ROAD AGAIN
OPERATED BY eXpedition10

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

5 Ways To Wellbeing

Connect Be Active Keep Learning Be Aware Help Others

momentum MENTAL HEALTH

Cooking & Baking

Join us 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?

Art Therapy

Release your creativity with us each week. These sessions incorporate creative methods of expression through visual art media to improve wellbeing.

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

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.

momentum
MENTAL HEALTH
Toowoomba | Southern Downs | Western Downs | Kingaroy

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