momentum
MENTAL HEALTH

DALBY
NOVEMBER 2026
SCHEDULE



5 THURS DALBY 10:30AM - 2:30PM

TOPIC:
CHANGE & ATTACHMENT



12 THURS DALBY 10:30AM - 2:30PM

TOPIC:
HOLDING SPACE



19 THURS DALBY 10:30AM - 2:30PM

TOPIC:
COMMUNICATION



26 THURS DALBY 10:30AM - 2:30PM

TOPIC:
THE POWER OF LAUGHTER

Dalby Address: Myall Youth & Community Network Centre, 28C Nicholson St, Dalby QLD 4405

More information https://momentummentalhealth.com.au/