momentum
MENTAL HEALTH

KINGAROY
NOVEMBER 2026
SCHEDULE



3 TUES KINGAROY 10:30AM - 2:30PM

TOPIC: GRATITUDE AND ACCOUNTABILITY



10 TUES KINGAROY 10:30AM - 2:30PM

TOPIC: GETTING YOUR MENTAL HEALTH MOVING



17 TUES KINGAROY 10:30AM - 2:30PM

TOPIC: MANAGING YOUR EXPECTATIONS



24 TUES KINGAROY 10:30AM - 2:30PM

TOPIC: COMMUNICATION

Kingaroy Address:

182 -184 Kingaroy Street
Kingaroy QLD 4610

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