

# Momentum Mental Health - What's On APRIL 2024

## MONDAY

1



Public Holiday

## TUESDAY

2

Journaling & Storytelling  
9:30am - 11:30am

Tai Chi  
11:30am - 12 noon

Art Therapy  
1:30pm - 3:30 pm

## WEDNESDAY

3

Yoga 9:30am - 10:30am at Heights  
Community Centre

Baking  
10am - 12:30pm

Meditation  
2:30pm - 4pm

## THURSDAY

4

Open House BBQ 12noon - 1pm  
Feedback 2 Action Meeting  
11:30 - 12pm

Art Therapy Basics 9:30am - 11:30am

Gardening 10:00am - 12:00pm

Journaling & Storytelling Basics  
1:30pm - 3:30pm

## FRIDAY

5


Cooking  
10am - 12:30pm

Coffee @  
1:00pm - 2:30pm

8

HAACK Your Wellbeing  
10am - 12noon  
[5 Ways to Wellbeing](#)

Cooking for Tony's Kitchen  
10am - 12:30pm

 Sound Bathing 1pm - 2pm  
AT LIBRARY

9

Journaling & Storytelling  
9:30am - 11:30am

Tai Chi  
11:30am - 12 noon

Art Therapy  
1:30pm - 3:30 pm

10

Yoga 9:30am - 10:30am at Heights  
Community Centre

Baking 10am - 12:30pm

Dungeons and Dragons  
1:00pm - 4:00pm AT LIBRARY

Hope Brewed Here Members  
Afternoon Tea 2pm - 3pm

11

Art Therapy Basics  
9:30am - 11:30am

Gardening  
10:00am - 12:00pm

Journaling & Storytelling Basics  
1:30pm - 3:30pm

12

Cooking  
10am - 12:30pm

Momentum Mental Health  
Book Club 1:30pm - 2:30pm

15

HAACK Your Wellbeing  
10am - 12noon  
[Life Goals](#)

Cooking for Tony's Kitchen  
10am - 12:30pm

16

Journaling & Storytelling  
9:30am - 11:30am

Tai Chi  
11:30am - 12 noon

Art Therapy  
1:30pm - 3:30 pm

17

Yoga 9:30am - 10:30am at Heights  
Community Centre

Baking 10am - 12:30pm

Basic Macrame  
12:30pm - 2:30pm

Meditation 2:30pm - 4pm

18

Art Therapy Basics  
9:30am - 11:30am

Gardening  
10:00am - 12:00pm

Journaling & Storytelling Basics  
1:30pm - 3:30pm

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Public Holiday

22

HAACK Your Wellbeing  
10am - 12noon  
[Resources](#)

Cooking for Tony's Kitchen  
10am - 12:30pm

Sound Bathing 1pm - 2pm  
AT LIBRARY

23

Journaling & Storytelling  
9:30am - 11:30am

Tai Chi  
11:30am - 12 noon

Art Therapy  
1:30pm - 3:30 pm

24

Yoga 9:30am - 10:30am at Heights  
Community Centre

Baking 10am - 12:30pm

Dungeons and Dragons  
1:00pm - 4:00pm AT LIBRARY

Hope Brewed Here Members  
Afternoon Tea 2pm - 3pm

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Public Holiday

26


Cooking  
10am - 12:30pm

Momentum Mental Health  
Book Club 1:30pm - 2:30pm

29

HAACK Your Wellbeing  
10am - 12noon  
[Rituals and Routines](#)

Cooking for Tony's Kitchen  
10am - 12:30pm

 Trivia  
1:30pm - 3:30 pm

30

Journaling & Storytelling  
9:30am - 11:30am

Tai Chi  
11:30am - 12 noon

Art Therapy  
1:30pm - 3:30 pm



### Art Therapy at Momentum



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

### Cooking for Tony's Kitchen



Join us to bake or cook up something delicious, learn some new skills, stay for lunch and help those in need.

### Hope Brewed Here [Fortnightly]



Afternoon Tea to see what Momentum is all about, learn about our programs and services. Connect with new and old friends. Stay for a yarn, or grab and go. No RSVP needed, just turn up and say G'day.

### Dungeons & Dragons [at Toowoomba Library]



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.

### Meditation at Momentum [Fortnightly]



Meditation can benefit us physically, by decreasing blood pressure and increasing our immune system and energy levels

### Trivia at Momentum [Monthly]



Flex those general knowledge muscles and learn something new by joining us for Trivia! Last Monday of each month from 1:30pm.

### HAACK Your Wellbeing [at Toowoomba Library]



Explore the 5 Ways to Wellbeing and learn techniques to be your best self as we explore topics like healthy sleep habits, reducing isolation, building positive relationships.

### Tai Chi at Momentum



Tai chi is often described as "meditation in motion" and is the perfect exercise for all fitness levels. Come along and give it a go.

### Journaling & Storytelling



Delve in to the world of journaling and creative writing each week on Tuesdays and Thursdays! It's a great opportunity to learn some new skills, create some amazing stories through short exercises, and have some fun along the way!

### Macrame [Monthly] at Momentum



Macrame has a wonderfully soothing effect on the mind. Focusing on your movement and the craft, the experience can be meditative as the creator focuses on their craft and soothes the noises of a busy mind. Come and join us to learn some basic macrame skills!

### Yoga [at Wilsonton Heights Neighbourhood Centre]



Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Suitable for beginners, with Chair Yoga stretches available.

### Gardening at Momentum



Enjoy the fresh air and sunshine, and connect with others in nature.

### Coffee @ [fortnightly]



Take the opportunity to build your connections! Join us for a session at a local cafe that focusses on meeting out, going local, and being social.

### Sound Bathing [fortnightly] at Toowoomba Library



Sound Bathing allows you to access a space of deep rest and even deep relaxation. It decreases tension, anxiety, and negative moods.



Toward full and flourishing mental health.

TOOWOOMBA  
CHINCHILLA  
WARWICK

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