


What's On **AUGUST 2022** Call our office on (07) 4632 4688 for more information

1 HAACK Your Wellbeing Boundaries 10am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 
 Gardening 1pm - 3pm 


2  Creative Writing 10am - 12noon 
 Tai Chi 12:30pm - 1:00pm 
 Art Therapy 1pm - 3 pm 

3 Cooking for Tony's Kitchen 10am - 12:30pm 
 Dungeons & Dragons 1pm - 4pm 
 HAACK Online Q&A Session 5:30pm - 7:00pm 

4 Open Art Studio 10am - 12noon 

 Feedback 2 Action Meeting 11:30am - 12noon




 OPEN HOUSE & BBQ 12noon - 1pm



 HAACK Chat 1pm - 2:30pm 




5 MMH Warwick: Wellbeing Planning & Cultural Day: Tibet
 Yoga 11am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 

8 HAACK Your Wellbeing Stress Management 10am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 
 Gardening 1pm - 3pm 

9  Creative Writing 10am - 12noon 
 Tai Chi 12:30pm - 1:00pm 
 Art Therapy 1pm - 3 pm 




10 Cooking for Tony's Kitchen 10am - 12:30pm 
 HAACK Online Personal Medicine 5:30pm - 7:00pm 



11 Open Art Studio 10am - 12noon 
 HAACK Chat 1pm - 2:30pm 



12 MMH Warwick: Creative Writing
 Yoga 11am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 
 Coffee @ 1pm - 2:30pm 

15 HAACK Your Wellbeing Meditation 10am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 
 Gardening 1pm - 3pm 

16  Creative Writing 10am - 12noon 
 Tai Chi 12:30pm - 1:00pm 
 Art Therapy 1pm - 3 pm 




17 Cooking for Tony's Kitchen 10am - 12:30pm 
 Dungeons & Dragons 1pm - 4pm 
 HAACK Online Power of Image 5:30pm - 7:00pm 



18 Open Art Studio 10am - 12noon 
 HAACK Chat 1pm - 2:30pm 




19 MMH Warwick: Service Provider Visit Lives Lived Well
 Yoga 11am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 

22 HAACK Your Wellbeing Backpack of Skills 10am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 
 Gardening 1pm - 3pm 

23  Creative Writing 10am - 12noon 
 Tai Chi 12:30pm - 1:00pm 
 Art Therapy 1pm - 3 pm 





24 Cooking for Tony's Kitchen 10am - 12:30pm 
 HAACK Online Science of Sleep 5:30pm - 7:00pm 

25 Open Art Studio 10am - 12noon 
 HAACK Chat 1pm - 2:30pm 

26 MMH Warwick: Art Session
 Yoga 11am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 
 Coffee @ 1pm - 2:30pm 

29 HAACK Your Wellbeing Backpack of Skills (cont.) 10am - 12noon 
 Cooking for Tony's Kitchen 10am - 12:30pm 
 Gardening 1pm - 3pm 

30  Creative Writing 10am - 12noon 
 Tai Chi 12:30pm - 1:00pm 
 Art Therapy 1pm - 3 pm 

31 Cooking for Tony's Kitchen 10am - 12:30pm 
 Dungeons & Dragons 1pm - 4pm 
 HAACK Online Compassion 5:30pm - 7:00pm 

Join us online by looking out for this 
 symbol 
 email us for program zoom links:
 admin@momentummentalhealth.com.au

5 Ways To Wellbeing

CONNECT BE ACTIVE BE AWARE
KEEP LEARNING HELP OTHERS

Program Itinerary

Programs	Information	Programs	Information
HAACK Your Wellbeing	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.	Creative Writing	Delve in to the world of creative writing! It's a great opportunity to learn some new skills, create some amazing stories through short exercises, and have some fun along the way!
Cooking for Tony's Kitchen	Join us to cook up something delicious, learn some new skills, stay for lunch and help those in need.	Tai Chi	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.
Coffee @ ...	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.	YOGA	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.
Open Art Studio	Join us each week to release your inner artist, and work with all kinds of medias and artforms.	Dungeons & Dragons	Meet us here at Momentum for an afternoon of making friends, felling foes, overcoming obstacles and all-round adventure! Our experienced Dungeon Master will teach you how to play.
Art Therapy	Release your creativity with us each week! This session incorporates creative methods of expression through visual art media to improve wellbeing.		
HAACK Chat	Join us to re-visit the HAACK topic of the week and share your stretch, progress, plans and reflections. A great chance to learn from your peers.		
HAACK Online	If you can't make the Monday morning sessions, join us online to explore the 5 Ways to Wellbeing. Learn techniques to be your best self as we explore topics like boundaries, compassion and stress management.		
Gardening	Enjoy the fresh air and sunshine, and connect with others in nature as we tend to the Momentum Gardens and Greenhouse, learning some horticulture skills along the way.		



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