

Momentum Mental Health - What's On **DECEMBER 2023**

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1 **MMH Warwick**
10:00am - 2:00pm
Cooking
10am - 12:30pm
Yoga 11am - 12noon at ST
JAMES CHURCH HALL
Coffee @ 1:00pm - 2:30pm

8 **MMH Warwick**
10:00am - 2:00pm
Cooking
10am - 12:30pm
Yoga 11am - 12noon at ST
JAMES CHURCH HALL

15 **MMH Warwick**
10:00am - 2:00pm
Cooking
10am - 12:30pm
Yoga 11am - 12noon AT ST
JAMES CHURCH HALL
Coffee @ 1:00pm - 2:30pm

22 **MMH Warwick**
10:00am - 2:00pm
Cooking
10am - 12:30pm
Yoga 11am - 12noon AT ST
JAMES CHURCH HALL

4 **HAACK Your Wellbeing**
10am - 12noon AT LIBRARY
Feedback
Cooking for Tony's Kitchen
10am - 12:30pm
Photography - Device
Setting 2pm - 4pm

5 **Journaling & Storytelling**
10am - 12noon
Tai Chi
12:15pm - 12:45pm
Art Therapy
1pm - 3 pm AT TINKER

6 **Baking**
10am - 12:30pm
Street Art Walking
2pm - 3:30pm
Dungeons and Dragons
1:00pm - 4:00pm AT LIBRARY

7 **Art Therapy Basics**
10am - 12noon at TINKER
Gardening 10:00am - 12:00pm
Journaling & Storytelling Basics
1:00pm - 3:00pm
Tai Chi & Yoga 3:00pm - 4:00pm
at Heights Community Centre

11 **HAACK Your Wellbeing**
10am - 12noon AT LIBRARY
5 Ways to Wellbeing
Cooking for Tony's Kitchen
10am - 12:30pm
Photography - Nature
2pm - 4pm

12 **Journaling & Storytelling**
10am - 12noon
Tai Chi
12:15pm - 12:45pm
Art Therapy
1pm - 3 pm AT TINKER

13 **Baking**
10am - 12:30pm
Members Barista Program
1:30pm - 2:30pm
Hope Brewed Here
Members Afternoon Tea
2pm - 3pm

14 **Art Therapy Basics**
10am - 12noon at TINKER
Gardening 10:00am - 12:00pm
Journaling & Storytelling Basics
1:00pm - 3:00pm
Tai Chi & Yoga 3:00pm - 4:00pm
at Heights Community Centre

18 **HAACK Your Wellbeing**
10am - 12noon AT LIBRARY
Life Goals
Cooking for Tony's Kitchen
10am - 12:30pm
Photography - Architecture
2pm - 4pm

19 **Journaling & Storytelling**
10am - 12noon
Tai Chi
12:15pm - 12:45pm
Art Therapy
1pm - 3 pm AT TINKER

20 **Baking**
10am - 12:30pm
Basic Macramé
12:30pm - 2:30pm

21 **Art Therapy Basics**
10am - 12noon at TINKER
Gardening 10:00am - 12:00pm
Journaling & Storytelling Basics
1:00pm - 3:00pm
Tai Chi & Yoga 3:00pm - 4:00pm
at Heights Community Centre



Momentum Mental Health would like to wish all of our Members, Staff, Board and Community a wonderful holiday season, and we'll see you all again in 2024!



Art Therapy [at Tinker Russell St]



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 cook up something delicious, learn some new skills, stay for lunch and help those in need.

Hope Brewed Here (Fortnightly)



Each month we open our doors and invite our members to come along for a Members 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 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.



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



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!

Job Club (8 weeks, limited dates)



Recognize your existing employability skills, build new skills and develop capacity and confidence to engage in paid work or volunteering.

Yoga [at St James Church Hall]



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



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.

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.



Toward full and flourishing mental health.

TOOWOOMBA
CHINCHILLA
WARWICK

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