

Momentum Mental Health - What's On **MARCH 2024**

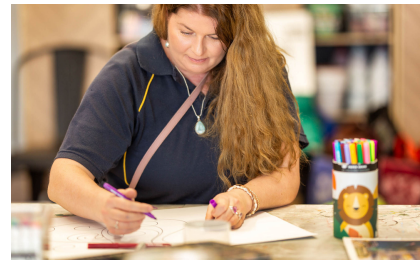
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 Cooking
10am - 12:30pm

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

8 Cooking
10am - 12:30pm

Coffee @
1:00pm - 2:30pm

15 Cooking
10am - 12:30pm

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

22 Cooking
10am - 12:30pm

Coffee @
1:00pm - 2:30pm

29



Public Holiday

4 Mindfulness 9am - 9:30am
HAACK Your Wellbeing
10am - 12noon **Self-Compassion**
Cooking for Tony's Kitchen
10am - 12:30pm
Planning Program - Big Day
Out 1pm - 2:30pm

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

Tai Chi
11:30am - 12 noon

Art Therapy
1:30pm - 3:30 pm

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

Baking 10am - 12:30pm

Meditation AT ST JAMES
CHURCH HALL 2:30pm - 4pm

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

Art Therapy Basics 10am - 12noon
Gardening 10:00am - 12:00pm
Journaling & Storytelling Basics
1:00pm - 3:00pm

11 Mindfulness 9am - 9:30am
HAACK Your Wellbeing
10am - 12noon **DBT Skills**
Cooking for Tony's Kitchen
10am - 12:30pm
Planning Program - Big Day
Out 1pm - 2:30pm

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

Tai Chi
11:30am - 12 noon

Art Therapy
1:30pm - 3:30 pm

13 Yoga Program 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

14 Art Therapy Basics
10am - 12noon

Gardening
10:00am - 12:00pm

Journaling & Storytelling Basics
1:00pm - 3:00pm

18 Mindfulness 9am - 9:30am
HAACK Your Wellbeing
10am - 12noon **Exercise**
Cooking for Tony's Kitchen
10am - 12:30pm
Planning Program - Big Day
Out 1pm - 2:30pm

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

Tai Chi
11:30am - 12 noon

Art Therapy
1:30pm - 3:30 pm

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

Baking 10am - 12:30pm

Basic Macrame
12:30pm - 2:30pm

Meditation AT ST JAMES
CHURCH HALL 2:30pm - 4pm

21 Art Therapy Basics
10am - 12noon

Gardening
10:00am - 12:00pm

Journaling & Storytelling Basics
1:00pm - 3:00pm

25 Mindfulness 9am - 9:30am
HAACK Your Wellbeing
10am - 12noon **Sleep**
Cooking for Tony's Kitchen
10am - 12:30pm
Trivia
1:30pm - 3:30 pm

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

Tai Chi
11:30am - 12 noon

Art Therapy
1:30pm - 3:30 pm

27 Yoga Program 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

28 Art Therapy Basics
10am - 12noon

Gardening
10:00am - 12:00pm

Journaling & Storytelling Basics
1:00pm - 3:00pm

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

Hope Brewed Here



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.

Meditation (fortnightly)



Meditation can benefit us physically, by decreasing blood pressure and increasing our immune system and energy levels and psychologically through reducing anxiety, improving emotional stability, and gaining clarity through self-reflection.

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!

Macrame



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 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



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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