

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

**2**



**Momentum Closed  
Labour Day**

**3**

 Creative Writing 10am - 12noon 

Art Therapy 1pm - 3 pm 

**4**

Cooking for Tony's Kitchen 10am - 12noon 

Wellbeing Walk 1pm - 3 pm 

**5**

Gardening 9:30am - 11:30am 

Art, Image & Creativity 10am - 12noon 

**Feedback 2 Action Meeting 11am - 12noon**


**OPEN HOUSE & BBQ 12noon - 1pm**


Tai Chi 12:30 - 1pm 



Community In Focus: East Creek Neighbourhood Centre 1pm - 3pm 

**6**

**Warwick: June Planning Meeting**

Yoga 11am - 12noon 

Cooking for Tony's Kitchen 10am - 12noon 

 Social Rec: Trivia! 1pm - 3 pm 

**9**

HAACK Your Wellbeing 

**Backpack of Skills** 10am - 12noon

Cooking for Tony's Kitchen 10am - 12noon 

**10**

 Creative Writing 10am - 12noon 

**Financial Counsellor Visit 10:30am**

Art Therapy 1pm - 3 pm 

**11**

Cooking for Tony's Kitchen 10am - 12noon 

Dungeons & Dragons 1pm - 3 pm 

**12**

Gardening 9:30am - 11:30am 


Art, Image & Creativity 10am - 12noon 


Tai Chi 12:30 - 1pm 


 Coffee & Convos 1pm - 3pm 

**13**

**Warwick: Art Therapy Session**

Yoga 11am - 12noon 

Cooking for Tony's Kitchen 10am - 12noon 

Social Rec: Cobb & Co Museum 1pm - 3 pm 

**16**

HAACK Your Wellbeing 

**Meditation & Community** 10am - 12noon

Cooking for Tony's Kitchen 10am - 12noon 

**17**

 Creative Writing 10am - 12noon 

**Centrelink Visit (TBA)**

Art Therapy 1pm - 3 pm 

**18**

Cooking for Tony's Kitchen 10am - 12noon 

**TASC Visit (TBA)**

Wellbeing Walk 1pm - 3 pm 

**19**

Gardening 9:30am - 11:30am 

Art, Image & Creativity 10am - 12noon 

Tai Chi 12:30 - 1pm 

Community In Focus: Happy Paws Happy Hearts 1pm - 3pm 

**20**

**Warwick: Leslie Dam Picnic**

Yoga 11am - 12noon 

Cooking for Tony's Kitchen 10am - 12noon 

Social Rec: Bingo! 1pm - 3 pm 

**23**

HAACK Your Wellbeing 

**Boundaries and Stress Management** 10am - 12noon

Cooking for Tony's Kitchen 10am - 12noon 

**24**

 Creative Writing 10am - 12noon 

Art Therapy 1pm - 3 pm 

**25**

Cooking for Tony's Kitchen 10am - 12noon 

Dungeons & Dragons 1pm - 3 pm 

**26**

Gardening 9:30am - 11:30am 

Art, Image & Creativity 10am - 12noon 

Tai Chi 12:30 - 1pm 


 Coffee & Convos 1pm - 3pm 

**27**

**Warwick: Coffee & Convos Session**

Yoga 11am - 12noon 

Cooking for Tony's Kitchen 10am - 12noon 

Social Rec: Japanese Gardens 1pm - 3 pm 

**30**

HAACK Your Wellbeing 

**The Power of Image** 10am - 12noon

Cooking for Tony's Kitchen 10am - 12noon 

**31**

 Creative Writing 10am - 12noon 

Art Therapy 1pm - 3 pm 

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**



**momentum**

MENTAL HEALTH

# 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 & Convos            | Take the opportunity to build your connections! Enjoy a cuppa, socialise, and have some good conversation.   | 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. |
| Art, Image & Creativity    | 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.                                     | Wellbeing Walk   | Get moving with us as we explore local tracks, parks and interesting parts of Toowoomba.   |
| Community in Focus         | Being part of a community has a positive effect on mental health and emotional wellbeing. Join us to discover local services you can use, volunteer at and connect with.               | Social Rec   | Join us each week for bushwalking, trivia, music sessions, outings to local parks, activities and lots more. Take the opportunity to connect with others and explore our community.          |
| Job Club                   | Are you looking to strengthen and develop your employability skills? Our 8 week program provides training to create your resume, undertake work experience and learn interview skills. |  <p>112 Russell Street, Toowoomba  <br/>Baptist Church Hall, Cnr Guy &amp;<br/>Percy Street, Warwick  <br/>07 4632 4688  </p> |  |
| Gardening & Greenhouse     | 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.                |  |  |