

# Momentum Mental Health - What's On **MAY 2024**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**1**

Baking  
10am - 12:30pm

Basic Macrame  
12:30pm - 2:30pm

Meditation  
2:30pm - 4pm

**2**

**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

**3**

Cooking  
10am - 12:30pm

Coffee @  
1:00pm - 2:30pm

**6**

**SORRY! WE'RE CLOSED**

**Public Holiday**

**7**

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

Art Therapy  
1:30pm - 3:30 pm

**8**

Baking  
10am - 12:30pm

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

Hope Brewed Here Members  
Afternoon Tea 2pm - 3pm

**9**

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

Gardening  
10:00am - 12:00pm

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

**10**

Cooking  
10am - 12:30pm

Trivia  
1:30pm - 3:30 pm

Tai Chi  
3:00pm - 3:45pm

**13**

HAACK Your Wellbeing  
10am - 12noon

Rituals and Routines  
AT LIBRARY

Cooking and Menu Planning  
10am - 12:30pm

**14**

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

Art Therapy  
1:30pm - 3:30 pm

**15**

Baking  
10am - 12:30pm

Basic Macrame  
12:30pm - 2:30pm

Meditation  
2:30pm - 4pm

**16**

**Summerland Camels Trip**  
**8:00am - 3:00pm**

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

Gardening 10:00am - 12:00pm

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

**17**

Cooking  
10am - 12:30pm

Coffee @  
1:00pm - 2:30pm

Tai Chi  
3:00pm - 3:45pm

**20**

HAACK Your Wellbeing  
10am - 12noon

Stress Management  
AT LIBRARY

Sound Bathing 1pm - 2pm  
AT LIBRARY

Cooking  
10am - 12:30pm

**21**

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

Art Therapy  
1:30pm - 3:30 pm

**22**

Baking  
10am - 12:30pm

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

Hope Brewed Here Members  
Afternoon Tea 2pm - 3pm

**23**

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

Gardening  
10:00am - 12:00pm

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

**24**

Cooking  
10am - 12:30pm

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

Tai Chi  
3:00pm - 3:45pm

**27**

HAACK Your Wellbeing  
10am - 12noon

Sensory Awareness  
AT LIBRARY

Cooking  
10am - 12:30pm

**28**

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

Art Therapy  
1:30pm - 3:30 pm

**29**

Baking  
10am - 12:30pm

Basic Macrame  
12:30pm - 2:30pm

Meditation  
2:30pm - 4pm

**30**

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

Gardening  
10:00am - 12:00pm

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

**31**

Cooking  
10am - 12:30pm

Coffee @  
1:00pm - 2:30pm

Tai Chi  
3:00pm - 3:45pm

## 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

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 [Fortnightly] 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!

## Book Club at Momentum [Monthly]

Do you like to read or listen to books? At Momentum, we are continuous learners who love to read! Join us at our MMH Book Club to share your favourite literature! Bring in your favourite book, the book you're currently reading, or come along to share some amazing stories you've read and gain some inspiration for the next book you dive into.

## 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.



Mental health and wellbeing for everyone, every single day.

TOOWOOMBA  
CHINCHILLA  
WARWICK

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