



# Mental Health Hub Mackay - Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9.30am - 11.30am Listen to your Art	9.30am - 10.30am Happy Feet	9.30am - 11.30am Life: The fine print	9.30am - 10.30am Let's get Moving	COMING SOON! 9.30am - 10.30am Rhythm to Recovery
Afternoon		12.30pm - 2pm Coffee Break		11.30am - 1pm Listen to your Art	1pm - 2.30pm Coffee Break
Evening		5.30pm - 7.30pm Let's Talk Fortnightly (Must register attendance)			

**Social Saturday** - 9am-12pm. First Saturday of the month beginning September.

# Mental Health Hub - groups overview

## Listen to Your Art

Get creative in a fun, safe and friendly environment. Our art group will help you to develop creative thinking skills, explore emotions and ideas through art and craft while building your confidence and overcoming the limitations of language.

## Happy Feet

This fun, safe and non-judgemental group will help you get active and explore healthy lifestyles. Walking in a group helps you stay motivated, meet new friends and connects you to your local community.

## Life: The Fine Print

Become more independent and resilient in this practical life skills group. You will learn where and how to access vital community resources and pick up hints and tips for managing the demands of daily life.

## Let's get Moving

Designed for all skill levels, this group will get your body moving through a range of fun activities, including dance and yoga. You'll also learn about healthy living and stress reduction techniques.

## Coffee Break

This informal discussion group allows you to check in with your peers and explore how to manage difficult topics. This peer supported setting will empower you to resolve points of crisis and develop the tools to support your recovery. Enjoy meeting new people and engaging in conversations over a board game, puzzle, group activity or coffee.

## Let's Talk

This facilitated group session provides a safe and supportive environment to share experiences and build hope. Guest speakers from the community will be available to address the group on special interest areas as requested. Attendance confirmation required.

## Rhythm 2 Recovery

R2R is a fun and engaging rhythmic musical activity that supports social and emotional development. You don't need any musical skills to attend, just a willingness to participate and have fun. The activities will be performed in a non-judgemental environment, where you can freely relax and enjoy making music and growing from this experience.