



Townsville

Mental Health Hub Timetable February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9:30am - 11am Gardening 10am - 12pm Pool Comp	9:30am - 11.30am Art with Skye 11:00am - 12:00pm Health & Fitness This includes- Zumba Boxing Fitness Walking	9.30am - 11.30am Self-care Budgeting Goals 11:00am - 1:00pm Yoga and Mindfulness with Corrie/Sandra	9:30am - 11:30am Sewing 9:30am - 11:30am Fishing group 10.30am - 11.30am Trivia	9:30am - 11:00am Baking Class 10am - 11.30am Art with Skye
11:30am - 1:00pm	UNO COMP	BOARD GAMES	UNO COMP 12pm - 1pm Feedback group 15/02/2024	KELLY POOL	BOARD GAMES
Afternoon	1:30pm - 2.30pm Easy peasy cooking	1pm - 2.30pm Newsletter group	1:30pm - 2:30pm Easy-peasy Cooking	1pm - 2.30pm Photography	1:00pm - 2.30pm Pool for beginners

Social Sunday fortnightly from 11am to 1pm @ selectability Corner, 134 Denham St (11 & 25 of Feb)

Group overview

Easy-peasy Cooking- Get hands-on in the kitchen and learn how to make some of your favourite *easy-to-make* meals. Please ensure enclosed footwear is worn while cooking.

Arts, Crafts and Watercolour – These groups cover a wide range of different mediums of art. (watercolor, graphite pencils, charcoal, clay work, painting, collage, paper mache)

Mindfulness - Maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Health & Fitness – Activities to get the body moving, this includes Boxing, Zumba and walking. All welcome.

Gardening – Planting and helping to grow herbs and plants for our cooking groups.

Photography – Fun ways to express yourself through photos while using your own camera or phone camera.

Yoga – Yoga at your level, this includes seated Yoga if needed.

Sewing – Sewing is a great life skill. Any level welcome, equipment supplied.

Social and Emotional Wellbeing - Social and emotional health is a vital part of overall good health and wellbeing – it is just as important as maintaining good physical health. In this group you will learn the skills to be more aware of your own social and emotional health and how it can help you to better manage stress and deal with life's challenges. It can also help you to have more meaningful relationships that bring you joy. This is a 4 week group course, please inform staff to be included in the next group.

Self-Care – Fun Activities around emotions, caring for yourself, positive thoughts and behaviours – this will also include candle making, and rock painting.