**Norton Street December Calendar**

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| See the source image**88 Norton St, Upper Mt Gravatt****Ph: 3343 9282** **[www.brookred](http://               www.brookred).org.au** |  | **NORTON STREET WILL BE CLOSED FROM****3pm on the 24th December** **Reopening the 4th of January** | We are in **STAGE 4:** The centres are now mostly back to business as usual (with some minor changes to community meals and outings).  |
| **Monday 30th** | **Tuesday 1st** | **Wednesday 2nd** |  **Thursday 3rd** | **Friday 4th** |
|  **Breath work and stress reduction****11am-12pm*****Lunch*****MOVEMENT MENU 1-3****Basketball at Hibiscus Sports complex $3.00** | **GARDENING GROUP 10AM-12PM****Community Meeting 1–2****Where we check in, chat and plan our programs – all welcome!****HEARING VOICES GROUP 2-3** | **PEER TALK 11-12****“Support each other through the holidays”*****Lunch*****ART GROUP 1-3PM*****A space to do, to learn and to share*** | **DANCE GROUP 11-12****Become more confident and be supported****MUSIC GROUP 1-3** | **Decorate for Christmas*****Lunch*** |
| **Monday 7th**  | **Tuesday 8th**  | **Wednesday 9th**  | **Thursday 10th**  | **Friday 11th**  |
|  **Breath work and stress reduction****11am-12pm*****Lunch*****MOVEMENT MENU 1-3****Swimming at Hibiscus sports complex $4.80** | **GARDENING GROUP 10AM-12PM****Community Meeting 1–2****Where we check in, chat and plan****our programs – all welcome!****HEARING VOICES GROUP 2-3** | **PEER DISCUSSION GROUP 11-12****“Support each other through the holidays”*****Lunch*****ART GROUP 1-3PM*****A space to do, to learn and to share.*** | **DANCE GROUP 11-12****Become more confident and be supported****MUSIC GROUP 1-3** | **Decorate for Christmas*****Lunch*** |
| **Monday 14th** | **Tuesday 15th**  | **Wednesday 16th** | **Thursday 17th** | **Friday 18th** |
|  **NORTON STREET CLOSED FOR STAFF TRAINING** | **GARDENING GROUP 10AM-12PM****Community Meeting 1–2****Where we check in, chat and plan our programs – all welcome!****HEARING VOICES GROUP 2-3** | **PEER DISCUSSION GROUP 11-12****“Get up stand up! Stand up for your rights”****YOUR RIGHTS IN THE MENTAL HEALTH WARD*****Lunch*****ART GROUP 1-3PM*****A space to do, to learn and to share.*** | **AGM****11AM****COMMUNITY MEMBERS WELCOME****NO CENTRE PROGRAMS WILL BE RUNNING**  | **Decorate for Christmas*****Lunch*** |
| **Monday 21st** | **Tuesday 22th**  | **Wednesday 23rd**  | **Thursday 24th** | **Friday 25th** |
|  **Breath work and stress reduction****11am-12pm*****Lunch*****MOVEMENT MENU 1-3****Meal preparation for Christmas** | **GARDENING GROUP 10AM-12PM****Community Meeting 1–2****Where we check in, chat and plan our programs – all welcome!****HEARING VOICES GROUP 2-3** | **PEER DISCUSSION GROUP 11-12****“Get up stand up! Stand up for your rights”****YOUR RIGHTS IN THE MENTAL HEALTH WARD*****Lunch*****ART GROUP 1-3PM*****A space to do, to learn and to share.*** | **DANCE GROUP 11-12****Become more confident and be supported****MUSIC GROUP 1-3****CENTRE CLOSING AT 3PM** | **CHRISTMAS DAY CELEBRATION****10am-2pm****Buffet lunch, fun and friends** |