**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** |