

MI Hub Happenings

 **NOVEMBER 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Peer Support Group 10:00am-12:00pm	MI Hub Drop In 10:00am-12:00pm	Art Group 10:00am-12:00pm	MI Hub Drop In 10:00am-12:00pm	
Hearing Voices Group 3:00pm-4:00pm		MI Hub Drop In 1:00pm-4:00pm	MI Hub Drop In 1:00pm-4:00pm	
12	13	14	15	16
Peer Support Group 10:00am-12:00pm	MI Hub Drop In 10:00am-12:00pm	Art Group 10:00am-12:00pm	MI Hub Drop In 10:00am-12:00pm	
Hearing Voices Group 3:00pm-4:00pm		MI Hub Drop In 1:00pm-4:00pm	MI Hub Drop In 1:00pm-4:00pm	
19	20	21	22	23
Peer Support Group 10:00am-12:00pm	MI Hub Drop In 10:00am-12:00pm	Art Group 10:00am-12:00pm		
Hearing Voices Group 3:00pm-4:00pm				
26	27	28	29	30
Peer Support Group 10:00am-12:00pm		Art Group 10:00am-12:00pm		MONTHLY SOCIAL GROUP MI Hub Connect 11am - 1:30pm See over the page for details
Hearing Voices Group 3:00pm-4:00pm				

WHAT'S ON

At **MI Hub** we offer a variety of workshops, information sessions and support groups for people living with mental illness.

Our calendar changes monthly and aims to support people on their recovery journey by providing opportunities to grow, learn and share. Each activity relates to one of the following categories:

HEALTH AND WELLBEING

cooking, nutrition, support and therapeutic groups

INFORMATION AND RESOURCES

education, and employment

COMMUNITY

accommodation, social groups and community services

LIFESTYLE

art, fitness, music and gardening

Individual support is also available upon request.

CONTACT US

298 Gilchrist Ave,
Herston QLD 4006
(07) 3358 4424 | brisbane@mifq.org.au



More about our calendar, groups and activities

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Our calendar changes monthly and aims to support people on their recovery journey by providing opportunities to grow, learn and share. Each activity relates to one of the following categories:

<p>HEALTH + WELLBEING cooking, nutrition, support and therapeutic groups</p>	<p>Hearing Voices Group This is a confidential, safe space to explore the experience of hearing voices. The group is open to anyone who hears voices or has other sensory experiences that other people do not.</p>				
<p>INFORMATION + RESOURCES education and employment</p>					
<p>COMMUNITY accommodation, social groups and community services</p>	<p>MI Hub Connect Join us on the last Friday of each month for MI Hub Connect. An opportunity to connect with others, share a meal and learn about programs in your community.</p>	<p>MI Hub Drop In MI Hub is open between 10am and 4pm on selected days for drop in support, connecting with others and various activities. Please refer to the front of the calendar for relevant dates.</p>			
<p>LIFESTYLE art, fitness, music and gardening</p>	<p>Art Group Our art group meets at MI Hub to get creative! No matter what your level of experience come along and get arty. Cost: Gold coin donation</p>	<p>Peer Support Group Led by individuals who have personal experience of recovery in regards to mental health and other issues (pain management, addiction etc.)</p>			

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