



MONDAY

OPENS 10:00am

TUESDAY

OPENS 10:00am

WEDNESDAY

OPENS 10:00am

THURSDAY

OPENS 10:00am

FRIDAY

OPENS 10:00am

Please see reverse for group and program outlines

OPENING HOURS

Mon, Tues, Wednesday & Friday: 10:00am—4:00pm

<p>4</p> <p>10:00am - 12:00pm Peer Support Group</p> <p>2:30 pm—4:00pm Hearing Voices Group</p>	<p>5</p>	<p>6</p> <p>10:00am - 12:00pm Art Group \$ Gold Coin Donation</p> <p>1:00pm - 2:30pm Mindfulness & Stretching</p>	<p>7</p> <p>10:00am Healthy Lifestyles- Healthy Cooking \$3 Meal: Weeknight Veggie Ramen</p>	<p>8</p> <p>10:00am - 12:00pm Drop in Session</p>
<p>11</p> <p>10:00am - 12:00pm Peer Support Group</p> <p>2:30 pm—4:00pm Hearing Voices Group</p>	<p>12</p> <p>10:00am Healthy Lifestyles- Healthy Cooking \$3 Meal: Chickpea Brownies</p>	<p>13</p> <p>10:00am - 12:00pm Art Group \$ Gold Coin Donation</p> <p>1:00pm - 2:30pm Collaborative Calendar Planning</p>	<p>14</p> <p>CENTRE CLOSED</p>	<p>15</p> <p>10:00am - 12:00pm RFQ Combined Public Transportation Training to South Bank. Bring: Swimwear, lunch, or money for lunch</p>
<p>18</p> <p>10:00am - 12:00pm Peer Support Group</p> <p>2:30 pm—4:00pm Hearing Voices Group</p>	<p>19</p> <p>10:00am Healthy Lifestyles- Healthy Cooking \$3 Meal: Budda Bowl</p>	<p>20</p> <p>10:00am - 12:00pm Art Group \$ Gold Coin Donation</p> <p>1:00pm - 2:30pm Create your own Sensory and Wellbeing Kit</p>	<p>21</p> <p>CENTRE CLOSED</p>	<p>22</p> <p>11:00am—1:00pm MI Hub Connect (Monthly Social Gathering)</p>
<p>25</p> <p>10:00am - 12:00pm Peer Support Group</p> <p>2:30 pm—4:00pm Hearing Voices Group</p>	<p>26</p> <p>10:00am Healthy Lifestyles- Healthy Cooking \$3 Meal: : Honey-Soy Tofu Stir Fry</p>	<p>27</p> <p>10:00am - 12:00pm Art Group \$ Gold Coin Donation</p> <p>1:00pm - 2:30pm Macrame & Potting Plants</p>	<p>28</p> <p>CENTRE CLOSED</p>	<p>March 1</p> <p>10:00am - 12:00pm Drop in Session</p>

GROUP & PROGRAM OUTLINES

RFQ HERSTON HUB

298 GILCHRIST AVE, HERSTON | 07 3358 4424

GROUPS

Ongoing groups that occur weekly or fortnightly and do not require booking

Peer Support Group Led by individuals who have personal experience of recovery in regards to mental health and other issues (pain management, addiction etc.)

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.

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

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.

