

HEALTH & WELLBEING CALENDAR *July* POP-UPS

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MON	TUES	WED	THU	FRI
		1 	2 	3
	6 	8 Art - Doodle 1 2pm - 4.30pm	9 Art - Boundaries 2pm - 4.30pm	10 Art - Doodle 2 9.30am - 12pm
13 Anger Management - Communication 10am - 12pm BACK TO SCHOOL	14	15 Art - Mandalas 1 2pm - 4.30pm	16 Happy Feet - Walk & Talk (Muddy's Café) 10am - 12.00pm Art - Letting Go 2pm - 4.30pm	17 <i>Cairns Show Holiday</i>
20	21 Community & Care Workshop 1pm - 3pm	22 Art - Collage 1 2pm - 4.30pm	23 Happy Feet - Walk & Talk (Muddy's Café) 10am - 12.00pm Art - What Prevents Me? 2pm - 4.30pm	24 Art - Collage 2 9.30am - 12pm Art - Mandalas 2 1.30pm - 4pm
27 Anger Management - The Johari Window & Building Trust 10am - 12pm	28	29 Art - Patterns 1 2pm - 4.30pm	30 Happy Feet - Walk & Talk (Muddy's Café) 10am - 12.00pm Art - Acceptance 2pm - 4.30pm	31 Art - Patterns 2 9.30am - 12pm

School Holidays

PLEASE NOTE: All scheduled programs run from 10 Thomas Street unless otherwise noted.
Information about our groups is over the page. Some groups have limited places, so please call or email for details and to register.



10 Thomas Street, Cairns 4870
Phone: 4051 9622 | **Email:** coaching@centacarefnq.org
centacarefnq.org



ABOUT OUR POP-UP GROUPS

PLEASE NOTE: All scheduled programs run from 10 Thomas Street unless otherwise noted.

HOW TO ATTEND: Some groups have limited places, so please call or email for details and to register.



Anger Management - Communication

Let's drill down and learn more practical communication skills to reduce conflict, express yourself effectively, and build stronger relationships. Gain simple tools to navigate difficult conversations with greater confidence and understanding.



Anger Management - The Johari Window & Building Trust

Come with us as we deep dive into one of the foundational principles of our anger management program - Trust. Using the Johari Window model, we unpack the non-negotiables relationships require to build psychological safety and establish loving, trusting relationships.



Happy Feet Walk & Talk Group

Discover the benefits of movement, connection, and conversation. Happy Feet combines gentle physical activity with meaningful social connection, creating a relaxed space to improve wellbeing, build relationships, and support mental health - one step at a time. 10am meet at Muddy's Café.



Community & Care Workshop

Explore the relationship between self-care and community care. Strengthen help-seeking and connection to build confidence in communicating care needs so we can reduce uncertainty, deepen understanding, and get clearer on what we can offer, what we need, and how we can best support each other.

Registration is essential. Please email coaching@centacarefnq.org.



Art Therapy Groups

Clients can choose any group to come to but are limited to 1 art therapy group each week.

Wednesday and Friday groups are more entry-level, focusing on self-regulation and de-stressing exercises. These groups are open to anyone who is interested in doing art therapy. They are the same class, offered on either Wednesday or Friday - not a part 1/part 2.

Thursday groups are more challenging and explore different parts of our psychology. This group is not recommended for new clients who have not attended any previous art therapy groups, or those who have vulnerable mental health challenges.

Registration is essential. Maximum of 10 people per session. Please email coaching@centacarefnq.org.



One-on-One Coaching

Living with mental health challenges can make everyday life feel harder than it needs to be.

It can affect confidence, motivation, relationships and your sense of direction. At Thomas St, we provide no-cost, recovery-focused support that works with you.

If feelings such as anxiety, low mood, anger or stress are getting in the way, one-on-one coaching can help.

Our coaches work with you to understand what's happening for you, identify what matters and where you'd like things to change, to set realistic, achievable goals and build skills, routines and confidence for everyday life.

Coaching is practical, supportive and focused on helping you move forward.

Call or email us to find out more.

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