

HEALTH & WELLBEING CALENDAR 2026

August

MON	TUES	WED	THU	FRI
3	4	5	6	7
10 Anger Management 10am - 12pm Pathfinders 1pm - 3pm	11 Ground & Grow (Centenary Lakes) 10am - 12pm SMART Recovery 2.30pm - 4pm	12 Art & Soul 10am - 12.30pm Community & Care Workshop 1.30pm - 3.30pm	13 Art Express 1 10am - 12.30pm	14 Art Express 2 10am - 12.30pm
17 Anger Management 10am - 12pm Pathfinders 1pm - 3pm	18 Ground & Grow (Centenary Lakes) 10am - 12pm SMART Recovery 2.30pm - 4pm	19 Art & Soul 10am - 12.30pm	20 Art Express 1 10am - 12.30pm	21 Art Express 2 10am - 12.30pm
24 Anger Management 10am - 12pm Pathfinders 1pm - 3pm	25 Ground & Grow (Centenary Lakes) 10am - 12pm SMART Recovery 2.30pm - 4pm	26 Art & Soul 10am - 12.30pm	27 Art Express 1 10am - 12.30pm Art Express 2 2pm - 4.30pm	28 Bondwell Animal Workshop 10am - 11.30am
31 Anger Management 10am - 12pm Pathfinders 1pm - 3pm	1 Ground & Grow (Centenary Lakes) 10am - 12pm SMART Recovery 2.30pm - 4pm	2 Art & Soul 10am - 12.30pm	3 Art Express 1 10am - 12.30pm	4 Art Express 2 10am - 12.30pm Body Positive Movement Session 1.30pm - 2.30pm

September

PLEASE NOTE: All scheduled programs run from 10 Thomas Street unless otherwise noted.
Please note over the page where registration applies for some programs.



10 Thomas Street, Cairns 4870

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**centa
care** FNQ
CATHOLIC COMMUNITY SERVICES

ABOUT OUR GROUPS

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

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



Anger Management & Conflict Resolution

Learn to address the root causes of anger and gain practical tools to manage difficult emotions and resolve conflicts effectively. **Registration not necessary.**



Pathfinders - Navigating Grief & Loss

Finding your way through loss or grief can feel like uncharted territory. With the support of Pathfinders, you are not alone on this journey. Our eight-week support group offers a compassionate space to explore your grief, share your experiences, and discover new strengths alongside others who understand. **Registration is essential. Please email coaching@centacarefnq.org.**



SMART Recovery

Meetings offer a supportive environment to achieve behaviour change goals of your choice around alcohol & other drug use, or any behaviours of concern. **Registration not necessary.**



Art Express 1 & 2

Art Express 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 Thursday or Friday - not a part 1/part 2. **Registration is essential. Maximum of 10 people per session. Please email coaching@centacarefnq.org.**



Art & Soul

Art & Soul is more challenging and explores 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.**



Ground & Grow Regulation Journey

A gentle, nature-based group where you'll learn practical tools to regulate emotions, build resilience, and reconnect with yourself through grounding practices in the calming surrounds of Centenary Lakes.

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



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 not necessary.**



Body Positive Movement Group

Cultivate curiosity, physical awareness and increase connection with parts of self through movement and breath. Engage at your own pace, meet new people and discover new ways to move your body. A great way to get moving if you're looking for exercise that's fun, creative and social. **Registration is essential. Please call 4044 0130 to register.**



Bondwell Animals Educational Workshop

Come along to a community education workshop focused on animal welfare, connection and trust - and find out more about how they can bring you comfort, connection & joy. **Registration is essential. Please email coaching@centacarefnq.org.**



One-on-One Coaching

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. Call or email us to find out more.

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