

HEALTH & WELLBEING CALENDAR 2026

September

MON	TUES	WED	THU	FRI
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
7 Anger Management 10am - 12pm Pathfinders 1pm - 3pm	8 Ground & Grow (Centenary Lakes) 10am - 12pm SMART Recovery 2.30pm - 4pm	9 Art & Soul 10am - 12.30pm Prepare, Connect, Recover Stronger - Disaster Preparedness Workshop 5.30pm - 7.30pm	10 Art Express 1 10am - 12.30pm	11 Art Express 2 10am - 12.30pm Body Positive Movement Session 1.30pm - 2.30pm
14 Anger Management 10am - 12pm Pathfinders 1pm - 3pm	15 Ground & Grow (Centenary Lakes) 10am - 12pm SMART Recovery 2.30pm - 4pm	16 Art & Soul 10am - 12.30pm Community & Care Workshop 1.30pm - 3.30pm	17 Art Express 1 10am - 12.30pm	18 Art Express 2 10am - 12.30pm Body Positive Movement Session 1.30pm - 2.30pm
21 Anger Management 10am - 12pm Pathfinders 1pm - 3pm	22 Thomas St closed for team training Please call 4044 0130 for assistance	23 Thomas St closed for team training Please call 4044 0130 for assistance	24 Art Express 1 10am - 12.30pm Art & Soul 2pm - 4.30pm	25 Art Express 2 10am - 12.30pm Body Positive Movement Session 1.30pm - 2.30pm
28 Anger Management 10am - 12pm Pathfinders 1pm - 3pm	29 SMART Recovery 2.30pm - 4pm	30 Art & Soul 10am - 12.30pm	1 Art Express 1 10am - 12.30pm	2 Art Express 2 10am - 12.30pm

October

PLEASE NOTE: All scheduled programs run from 10 Thomas Street unless otherwise noted.
Please contact us for more information as some eligibility criteria applies to certain programs.



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

**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, 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.



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.



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.



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.



Prepare, Connect, Recover Stronger Disaster Preparedness Workshop

This Prepare, Connect, Recover Stronger workshop will support you to build a disaster preparedness plan. This workshop will help you to understand your risks, capabilities, connections and support needs during an emergency. RSVP: intakecommunityrecovery@centacarefnq.org



Shark Cage One-on-One Coaching

Have you experienced abuse in your life and find yourself struggling to understand why this has happened and how can you heal from the impacts? Learn how to recognise the difference between Sharks who violate your Human Rights & Dolphins who support your rights. Working with a professional trained in the Shark Cage will empower you to create a life that puts you and your rights at the centre. Contact coaching@centacarefnq.org for an appointment.

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