

Program calendar

June	Monday 04 Peer support Annerley	Tuesday 05 Wise Choices Caboolture	Wednesday 06 Shy No Longer Ipswich	Thursday 07 Building self compassion Stones Corner	Friday 08 Mindfulness Ashgrove
	Monday 11	Tuesday 12 Wise Choices Caboolture	Wednesday 13 Shy No Longer Ipswich	Thursday 14 Building self compassion Stones Corner	Friday 15 BBQ Kangaroo Point
	Monday 18 Peer support Annerley	Tuesday 19 Wise Choices Caboolture	Wednesday 20 HEAT Cooking Group Location TBC	Thursday 21	Friday 22 Mindfulness Ashgrove
	Monday 25 Wise Choices in Relationships Capalaba	Tuesday 26 Wise Choices Caboolture	Wednesday 27 HEAT Cooking Group Location TBC	Thursday 28	Friday 29
July	Monday 02 Peer support Annerley Wise Choices in Relationships Capalaba	Tuesday 03 Wise Choices Caboolture	Wednesday 04 HEAT Cooking Group Location TBC	Thursday 05	Friday 06 Mindfulness Ashgrove
	Monday 09 Wise Choices in Relationships Capalaba	Tuesday 10 Wise Choices Caboolture	Wednesday 11 HEAT Cooking Group Location TBC	Thursday 12	Friday 13
	Monday 16 Peer support Annerley Wise Choices in Relationships Capalaba	Tuesday 17 Wise Choices Caboolture	Wednesday 18	Thursday 19	Friday 20 BBQ Kangaroo Point
	Monday 23 Wise Choices in Relationships Capalaba	Tuesday 24	Wednesday 25 HEAT Cooking Group Location TBC	Thursday 26	Friday 27
	Monday 30	Tuesday 31	Wednesday 01	Thursday 02	Friday 03
	Wise Choices in Relationships Capalaba		HEAT Cooking Group Location TBC		BBQ Scarborough Mindfulness Ashgrove
	Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10
August	Peer support Annerley Wise Choices in Relationships Capalaba		HEAT Cooking Group Location TBC		
	Monday 13 Wise Choices in Relationships Capalaba	Tuesday 14	Wednesday 15 HEAT Cooking Group Location TBC	Thursday 16	Friday 17 BBQ Kangaroo Point Mindfulness Ashgrove
	Monday 20 Peer support Annerley Wise Choices in Relationships Capalaba	Tuesday 21	Wednesday 22 HEAT Cooking Group Location TBC	Thursday 23	Friday 24
	Monday 27 Wise Choices in Relationships Capalaba	Tuesday 28	Wednesday 29 HEAT Cooking Group Location TBC	Thursday 30	Friday 31 Mindfulness Ashgrove