

HEALTH & WELLBEING CALENDAR 2025

April

MON	TUES	WED	THU	FRI
	1	2 Art Workshop 10am-12pm SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	3	4 Rhythm to Recovery 10am- 12pm
7 Sound Meditation 10am - 12pm Mossman & Port Outreach 9-5	8 Anger Management & Conflict Resolution 10am - 12pm	9 Bright Sparks 10am-12pm SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	10	11 Mindset Pop-Up 10am- 12pm
14 Mossman & Port Outreach 9-5	15 Positive Psychology 10am-12pm	16 SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	17 Healthy Lifestyles (PCYC Manunda) 10am- 12pm	18 GOOD FRIDAY
21 EASTER MONDAY	22	23 SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	24 Healthy Lifestyles (PCYC Manunda) 10am- 12pm	25 ANZAC DAY
28 Sound Meditation Pop-Up 10am - 12pm Mossman & Port Outreach 9-5	29	30 SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5		

Sound Meditation

Discover calm and well-being through guided meditation. This practice promotes self-awareness and helps relieve anxiety, depression, and overwhelm from daily life.

Art Workshop

This art workshop takes you on a journey of creative wellness, offering a space to relax, reflect, and restore through artful self-expression.

Anger Management & Conflict Resolution

Learn to address the root causes of anger and gain practical tools to manage difficult emotions and resolve conflicts effectively.

Positive Psychology

This positive psychology workshop will explore strategies to cultivate gratitude & resilience.

Bright Sparks

Bright Sparks helps people with a disability learn how to save energy and lower their energy bills. And also learn about discounts and help you may be able to receive.

Mindset Pop-Up

This mindset workshop empowers participants to unlock their full potential by shifting their thought patterns and cultivating a positive, growth-oriented mindset.

1:2:1 Resilience Coaching

Are you finding feelings of anxiety, depression or anger challenging? Having problems moving forward and setting goals for the future? Our coaches will work with you towards your goals.

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.

Rhythm to Recovery

Drumming combines rhythmic music and movement with cognitive reflection and mindfulness. Rhythmic music is particularly useful because it is among the most accessible forms of music, making it ideal for everyone!

Healthy Lifestyles

A combined gym & resilience coaching program to boost physical & mental health, featuring personalised plans from an exercise physiologist & support from a resilience coach. Held at PCYC Manunda

PLEASE NOTE: All scheduled programs run from 10.00am - 12 noon at 10 Thomas Street unless otherwise noted.
Please contact us for more information as some eligibility criteria applies to certain programs



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MAKING A DIFFERENCE FNQ