

HEALTH & WELLBEING CALENDAR 2025

August

| MON | TUES | WED | THU | FRI |
|---|---|---|---|---|
| | | | | 1 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm |
| 4 Sound Healing & Meditation 10am - 12pm | 5 Anger Management & Conflict Resolution 10am - 12pm | 6 Art & Soul 10am-12pm SMART Recovery 6pm - 7.30pm | 7 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art Express 9.30 - 11.30 am Shark Cage 12 - 2pm Move Make Connect 4 -5.30 pm | 8 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm |
| 11 Sound Healing & Meditation 10am - 12pm | 12 Anger Management & Conflict Resolution 10am - 12pm | 13 Art & Soul 10am-12pm SMART Recovery 6pm - 7.30pm | 14 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art Express 9.30 - 11.30 am Shark Cage 12 - 2pm Move Make Connect 4 -5.30 pm | 15 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm |
| 18 Sound Healing & Meditation 10am - 12pm | 19 Anger Management & Conflict Resolution 10am - 12pm | 20 Art & Soul 10am-12pm SMART Recovery 6pm - 7.30pm | 21 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art Express 9.30 - 11.30 am Shark Cage 12 - 2pm Move Make Connect 4 -5.30 pm | 22 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm |
| 25 Sound Healing & Meditation 10am - 12pm Sound Meditation Pop-up 1pm - 3pm | 26 Anger Management & Conflict Resolution 10am - 12pm | 27 Art & Soul 10am-12pm SMART Recovery 6pm - 7.30pm | 28 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art Express 9.30 - 11.30 am Shark Cage 12 - 2pm Move Make Connect 4 -5.30 pm | 29 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm |

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



10 Thomas Street, Cairns 4870

Phone: 4044 0130 | **Email:** coaching@centacarefnq.org
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ABOUT OUR WORKSHOPS



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.



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



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.



Anger Management & Conflict Resolution

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



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!



Shark Cage[®]

Shark Cage is a way of preventing, understanding and healing from violence against girls and women. You will learn how to create and set boundaries. This group helps women interrupt patterns of abuse in their lives and in ways that empower women.



Stress Less with Art Express

This introductory program begins your journey into creative wellness, offering a gentle introduction to art therapy and a space to relax, reflect, and restore through artful self-expression.



Trauma Informed Yoga

Trauma informed yoga supports trauma survivors to develop a greater sense of mind-body connection – promoting safety, self-regulation and offers participants choice and control.



1:1 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.



Art & Soul

The creative journey continues to support your creative wellness and enjoy time to relax, reflect and restore through artful self expression. This program is for those who have previously completed Art Express.



Move Make Connect

A Support Group for Adults Living with PTSD Join us in a safe space where we explore healing through movement, creativity, and connection.

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