

# HEALTH & WELLBEING CALENDAR 2025

## May

MON	TUES	WED	THU	FRI
			1 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Shark Cage 12:30pm - 2:30pm	2 Rhythm to Recovery 10am- 12pm
5 LABOUR DAY	6 Anger Management & Conflict Resolution 10am - 12pm	7 Art Workshop 10am-12pm SMART Recovery 6pm - 7.30pm	8 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Shark Cage 12:30pm - 2:30pm	9 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm
12	13 Anger Management & Conflict Resolution 10am - 12pm	14 Art Express 10am - 12pm SMART Recovery 6pm - 7.30pm	15 Art & Soul 10am-12pm Shark Cage 12:30pm - 2:30pm	16 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm
19	20 Anger Management & Conflict Resolution 10am - 12pm	21 Art Express 10am - 12pm SMART Recovery 6pm - 7.30pm	22 Art & Soul 10am-12pm Shark Cage 12:30pm - 2:30pm	23 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm
26 Sound Meditation Pop-Up 10am - 12pm	27 Anger Management & Conflict Resolution 10am - 12pm	28 Art Express 10am - 12pm SMART Recovery 6pm - 7.30pm	29 Art & Soul 10am-12pm Shark Cage 12:30pm - 2:30pm	30 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm

### 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.

### 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 & 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.

### Anger Management & Conflict Resolution

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

### 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.

### 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.

### 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 Workshop

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

### 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.

### 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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centacarefnq.org

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