

HEALTH & WELLBEING CALENDAR 2026

May

MON	TUES	WED	THU	FRI
				1 Movement & Meditation 1.30pm - 2.30pm
4 	5	6 Shark Cage 10am - 12pm Art & Soul 2pm - 4.30pm	7 Healthy Lifestyles (at PCYC Manunda) 10am - 12pm Who Am I 10am - 12pm Art Express 1 2pm - 4.30pm	8 Art Express 2 3pm - 5.00pm
11 Anger Management 10am - 12pm SMART Recovery 2.30pm - 4.00pm	12 Distress Tolerance 2pm - 3.30pm	13 Shark Cage 10am - 12pm Art & Soul 2pm - 4.30pm	14 Healthy Lifestyles (at PCYC Manunda) 10am - 12pm Who Am I 10am - 12pm Art Express 1 2pm - 4.30pm	15 Trauma Informed Yoga 1.30pm - 2.30pm Art Express 2 3pm - 5.00pm
18 Anger Management 10am - 12pm SMART Recovery 2.30pm - 4.00pm	19 Distress Tolerance 2pm - 3.30pm	20 Shark Cage 10am - 12pm Art & Soul 2pm - 4.30pm	21 Healthy Lifestyles (at PCYC Manunda) 10am - 12pm Who Am I 10am - 12pm Art Express 1 2pm - 4.30pm	22 Trauma Informed Yoga 1.30pm - 2.30pm Art Express 2 3pm - 5.00pm
25 Anger Management 10am - 12pm Community & Care 12.30pm - 2pm SMART Recovery 2.30pm - 4.00pm	26 Distress Tolerance 2pm - 3.30pm	27 Shark Cage 10am - 12pm Art & Soul 2pm - 4.30pm	28 Healthy Lifestyles (at PCYC Manunda) 10am - 12pm Who Am I 10am - 12pm Art Express 1 2pm - 4.30pm	29 Trauma Informed Yoga 1.30pm - 2.30pm Art Express 2 3pm - 5.00pm

PLEASE NOTE: All programs run from 10 Thomas Street unless otherwise noted.
Some groups require registration to attend. Please see other side for more information.



10 Thomas Street, Cairns 4870
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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. If the group is already full, you can request to be added to the waitlist for the next term.



Distress Tolerance

Distress Tolerance uses Dialectical Behaviour Therapy (DBT) techniques to help you cope with intense emotions and challenging situations. Learn how to tolerate distress without making things worse.



Who Am I - Identity Group

Who Am I? is a clear, no nonsense dive into Identity - what's just old roles or expectations. This session aims to help you strip things back, get honest with yourself, and walk out with more clarity and direction.



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.



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. Registration is essential.



Community & Care

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.



Art Express 1 & 2

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. Registration is essential.



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. Call 4044 0130 to register.



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. Registration is essential.



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. Registration is essential. 0a. Referral (H&W) - Intellistack

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