

HEALTH & WELLBEING CALENDAR 2025

February

MON	TUES	WED	THU	FRI
3 Pathfinders 1pm - 3pm	4 Anger Management & Conflict Resolution 10am - 12pm	5 Art Express 10am - 12pm Innisfail Outreach 9-5	6 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art & Soul 10am - 12.30pm	7
10 Pathfinders 1pm - 3pm	11 Anger Management & Conflict Resolution 10am - 12pm	12 Art Express 10am - 12pm SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	13 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art & Soul 10am - 12.30pm	14
17 Meditation 10am - 12pm Pathfinders 1pm - 3pm Mossman & Port Outreach 9-5	18 Anger Management & Conflict Resolution 10am - 12pm	19 Art Express 10am - 12pm SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	20 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art & Soul 10am - 12.30pm	21
24 Meditation 10am - 12pm Pathfinders 1pm - 3pm	25 Anger Management & Conflict Resolution 10am - 12pm	26 Art Express 10am - 12pm SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	27 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art & Soul 10am - 12.30pm	28

Meditation

Relieve Anxiety with Meditation. This practice promotes self-awareness and helps relieve anxiety, depression, and overwhelm from daily life.

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!

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.

Anger Management & Conflict Resolution

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

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

This advanced art therapy program continues the journey of creative wellness, offering a space to relax, reflect, and restore through artful self-expression.

Pathfinders

A bereavement support group dedicated to helping individuals navigate the profound challenges of losing a loved one offering support for those dealing with grief, guiding them as they find their path after loss.

Healthy Lifestyles

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

Trauma Informed Yoga

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

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.



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:** coachingcentacarefnq.org
centacarefnq.org



HEALTH & WELLBEING CALENDAR 2025 *March*

MON	TUES	WED	THU	FRI
3 Meditation 10am - 12pm Pathfinders 1pm - 3pm Mossman & Port Outreach 9-5	4 Anger Management & Conflict Resolution 10am - 12pm	5 Art Express 10am - 12pm SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	6 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art & Soul 10am - 12.30pm	7 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30 - 2.30pm
10 Meditation 10am - 12pm Pathfinders 1pm - 3pm	11 Anger Management & Conflict Resolution 10am - 12pm	12 Art Express 10am - 12pm SMART Recovery 6pm - 7.30pm Innisfail Outreach 9-5	13 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art & Soul 10am - 12.30pm	14 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30 - 2.30pm
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