

Ongoing Groups

Art & Craft Group

- Learn new art & craft skills
- Share your skills or art & craft with others
- Work on your art & craft projects whilst sharing
- Meet new people

Every Monday and Thursday
9:00am to 10:30am

Yoga with Elaine

Gentle yoga to soothe the body and mind. BYO water bottle.

Mondays

5:30pm to 6:30pm

Wednesdays

9:30am to 11:00am

Tai Chi

Beginners welcome—gentle exercise and simple dance routines.

Every Friday, except 4th Friday of the month

10:30am to 11:30am

Mindfulness & Compassion Meditation

By Sama (a Buddhist nun in Theravada Tradition). BYO cushion, chairs provided

Every Saturday,

4:30pm to 5:30pm

Workshops

Mindfulness and Self Care

This session offers practical mindfulness skills and self-care strategies in a fun environment, aiming to build skills in staying present and looking after yourself.

Thursday, March 28th

9:30am to 2.30pm

Understanding Anger

A two-day session workshop where you can learn to recognise anger, learn practical anger management skills and how to deal with anger in a healthy and constructive way.

Tuesdays, May 14th and 21st

9:30am to 2:30pm

A gold coin or small donation would be appreciated for attendance unless otherwise stated.

To find out more, or register your interest in participating in a group, workshop or event please contact the centre on (07) 4922 6585 or reception@whccq.org.au

Events

Wellness Expo

"Where Wellness Matters"



FREE ENTRY

A showcase of supports and services that promote and protect the rights, interests and wellbeing of women and their families.

**Callaghan Park
(Rockhampton Jockey Club)**

Thursday, March 7th

10:00am to 1:00pm

**DOMESTIC AND FAMILY VIOLENCE
PREVENTION MONTH**

Information Session

In conjunction with the QLD Domestic and Family Violence Prevention Month, Women's Health Information and Referral Service CQ Inc. (WHIRSCQ) is hosting an information session (Free admission) with support services and other stakeholders. Everyone within the community is invited to attend this event.

Rockhampton Leagues Club

Thursday, May 30th

10:00am to 1:00pm