

NOVEMBER 2018 PROGRAM

OPENING HOURS:

Mon – Thurs: 9am to 12noon and 12.45pm to 3:30pm

Fri: 9am to 12noon and 12.45pm to 3pm

MONDAY	MEDITATION <i>Every Monday from 1:30pm-2:30pm</i> Join our afternoon meditation session for some relaxation & stress relief		
TUESDAY	SOCIAL BBQ <i>Every Tuesday from 10am – 11:30am</i> Have lunch and a chat!	COUNSELLING PROGRAM <i>Every Tuesday 9am to 12pm</i> Free Counselling with a Social Worker for those experiencing mild to moderate mental illness	ART GROUP @ ER <i>Every Tuesday 1pm - 2:30pm</i> Paint a picture, draw a landscape or simply express yourself through art!
WEDNESDAY	CRAFT THERAPY GROUP @ ER <i>Every Wednesday from 1.30pm to 3pm</i> Join us in making all sorts of neat artsy things!		
THURSDAY	MONEYFIT <i>Every Thursday fortnight from 1.30pm to 3.00pm</i> Offers practical tools and tips to help participants improve their personal and money management: 8 Nov and 22 Nov		
FRIDAY	MARKET GARDEN <i>Every Friday from 9am - 12pm</i> Grab some fresh fruit or vegetables in our garden space!	ART as THERAPY @ ER <i>Every Friday 9:30am - 11:30am</i> Paint a picture, draw a landscape or simply express yourself through art!	SINGING GROUP <i>Every Friday from 1.30pm – 2.30pm Find your Voice with singing @ ER!</i> CLOSED. REOPENS 2019
COMMUNITY MEAL	WEDNESDAY COMMUNITY MEAL A three course sit down meal, every Wednesday evening @ WMQ 316 St Pauls Terrace. <i>Doors open @ 5pm, meal served @ 7pm</i>	SUNDAY COMMUNITY MEAL CANTEN A two course lunch, every Sunday @ WMQ, 316 St Pauls Terrace <i>Lunch served at 1pm</i>	
SPECIAL EVENT	QUARRY TO WARRY ST BLOCK PARTY <i>Friday 30th November from 10am to 2pm</i> Come along and enjoy a day of activities and a bbq @ Bedford Park, Spring Hill		
CHRISTMAS DISTRIBUTION	CHRISTMAS HAMPERS & TOYS <i>All groups are cancelled in December to focus on the distribution of our Red Bag Christmas hampers and children's Christmas toys, starting Monday 10 Dec to midday Monday 24 Dec.</i> <i>For hampers you just need to come in for a short interview with 1 x proof of low income and 1 x photo id (or 2 x non photo id). No appointment needed.</i> <i>For toys, you need an appointment and the same ids. Appointments can be booked from Mon 12 Nov onwards.</i>		
CHRISTMAS DAY	WMQ CHRISTMAS @ WESLEY HOUSE 140 Ann St, Brisbane City Tuesday 25 Dec 2018 from 12pm All welcome to attend	WMQ CHRISTMAS @ ST PAULS T'CE 316 St Pauls Terrace, Fortitude Valley Tuesday 25 Dec 2018 from 12pm Book with ER on 3216 1579 from Mon 12 Nov	

Wesley Mission Queensland Emergency Relief

316 St Paul's Terrace, Fortitude Valley, QLD, 4006

Opening hours: 9:00am – 12:00noon and 12–3:30pm Monday to Thursday; Friday close at 3pm

Phone: 3216 1579

With compassion comes change

Meditation Group

When: Mondays 1.30pm to 2.30pm
 Where: Wesley Mission Emergency Relief (316 St Pauls Terrace)
 Cost: FREE!!

Learn to Meditate, Relax, De-stress and Find your Serenity

All Welcome



FREE GOURMET BBQ

EVERY TUESDAY MORNING FROM 10 - 11:30AM

COME AND ENJOY:

- BURGERS
- FRESH SALADS
- COFFEE AND TEA
- HOMEMADE CAKES and DESSERTS

@ Wesley Mission Qld
 316 St Paul's Terrace, Fortitude Valley

ALL WELCOME!



Art Group

Expressive Therapies

Come along to Art Group Every Tuesday afternoon

1.00pm - 2.30pm
 316 St Paul's Terrace
 Ask about it today





Coffee, Craft & Chat Group

Wednesday 1pm to 3pm @ 316 St Paul's Terrace Fortitude Valley

With compassion comes change



Subsidised Refreshments
 316 St Paul's Terrace, Fortitude Valley QLD 4008
 Opening Hours: Mon - Thurs 9:00am - 12:00noon and 12:45pm - 3:00pm, Fri 9:00am - 12:00noon and 12:45pm - 3:00pm
 Phone: 0222 1279

Dates for the next MONEY FIT INTENSIVE COURSE

- ☐ Thursday 8 November
- ☐ Thursday 22 November

2hr Workshops start @ 1pm

316 St Pauls Tce, Fortitude Valley
 Call 3216 1579 to register



ER Market Garden

Every Friday morning from 9am
 Free available fruit & Vegetables
 Plus occasional other items
 Bring your own bag or box

9am until gone
 Wesley Mission Qld
 Emergency Relief
 316 St Pauls T'ce
 Fortitude Valley




ART THERAPY

Do you want to join in a free Art therapy class?
 We are offering free Art therapy classes for anyone interested

Every Friday from 9.30am to 11.30am



Quarry to Worry St Christmas BLOCK PARTY

Friday 30 November 2018
 10.00am to 2.00pm
 Bedford Park, Love St, Spring Hill

Meet your local community, enjoy an afternoon of music, art and craft workshops, free jumping castle, games, face painting and live entertainment. A free BBQ is also provided.



Partners: Wesley Mission, rrt, Queensland Government, Queensland Police, Wesley Mission Queensland

EMERGENCY RELIEF CHRISTMAS CLOSURE

Emergency Relief will be closed from 12.00noon Monday 24 December 2018 and will reopen 9.00am Thursday 3 January 2019

CHRISTMAS HAMPERS

CHRISTMAS HAMPERS are a collection of non-perishable Christmas food items suitable for a Christmas treat.

Christmas Hampers can be collected starting Monday, 10 December 2018 to Monday, Monday 31 December 2018.

If you need \$35 or less income. This can be an Carer's or of no income and be able to prove it. You also need personal ID's such as photo ID or two other forms of ID.

No appointment is necessary, just drop in as per regular hampers.

CHRISTMAS PRESENTS

CHRISTMAS PRESENTS are a gift to children under 16yrs. You must be the income and able to prove it by Carer's card or bank statement/notice of assessment. You also need personal ID's such as photo ID or two other forms of ID.

REGISTER YOUR NAME AND DETAILS TO BOOK AN APPOINTMENT

Emergency Relief
 316 St Pauls Terrace, Fortitude Valley
 02 222 1279