






NOVEMBER 2019 CALENDAR

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

MONDAY	NO GROUP	MEDITATION <i>Every Monday from 1pm – 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 a free lunch and a chat! Enjoy a patty, salad and bun with homemade relish and home cooked sweets. All food from food rescue or supplied by WMQ.	ART GROUP @ ER <i>Every Tuesday 1pm– 2:30pm</i> Paint a picture, draw a landscape or simply express yourself through art! Come along on Tuesday afternoons and join in with likeminded people. All materials freely provided.		
WEDNESDAY	 CRAFT THERAPY GROUP @ ER <i>Every Wednesday from 1.30pm– 3pm</i> Join us in making all sorts of neat artsy things!			
THURSDAY	NO GROUPS		SURPRISE! Every Thursday afternoon from 1pm to 2pm Come join in!	
FRIDAY	 MARKET GARDEN <i>Every Friday from 9am</i> Grab some fresh fruit or vegetables in our garden space!	GARDEN & GAMES <i>Every Fri 10am– 11.30am</i> Come along to play board games, plant some herbs or shrubs or simply to hang out and enjoy the ambience	ART as THERAPY @ ER <i>Every Fri 1pm– 2.30pm</i> Draw a picture, paint a landscape or simply express yourself through art!	
COMMUNITY MEAL	MONDAY COMMUNITY MEAL A 2 course meal, every Monday evening @ WMQ 316 St Pauls T'ce <i>Doors open from 6:30pm to 7:30pm</i>	WEDNESDAY COMMUNITY MEAL 3 course sit down meal, every Wed evening @ WMQ 316 St Pauls T'ce <i>Doors open @ 5pm, meal served @ 7pm</i>	SUNDAY COMMUNITY LUNCH A two course lunch, every Sunday @ WMQ, 316 St Pauls Terrace <i>Lunch served at 1pm</i>	
FRIDAY 29 Nov....	QUARRY TO WARRY ST BLOCK PARTY Friday 29 Nov from 10am to 2pm @ Bedford Park, Spring Hill Come along to the annual Quarry to Warry St Block party for a day of craft, art and Christmas activities all provided by local agencies and community services. Lunch will be a BBQ supplied by local services and volunteers. All welcome and all activities are free.			
DEC No group in Dec due to Christmas hampers	RED BAG CHRISTMAS HAMPERS Starts Monday 9 Dec to 12pm Monday 23 Dec Annual red bag Christmas hampers and toys. Required 1 x proof of low income and 1 x photo id or 2 non photo ids		CHRISTMAS DAY LUNCHEONS Wed 25 Dec @ 12pm midday Annual Christmas Day luncheon at Wesley House and at 316 St Pauls Terrace. All welcome	

WMQ Emergency Relief: 16 St Paul's Terrace, Fortitude Valley, QLD, 4006

Opening hours: Mon to Thurs: 9am – 12noon and 12.45pm–3:30pm; Fri: 9am – 12noon and 12.45pm–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



wesley mission

Coffee, Craft & Chat Group

Wednesday 1pm to 3pm
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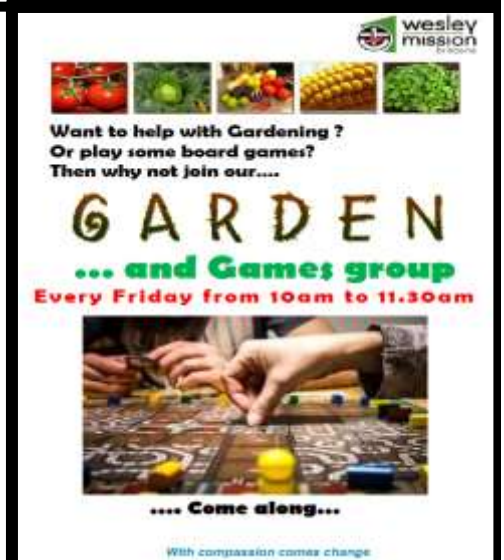
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ER Market Garden

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
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wesley mission



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Want to help with Gardening?
 Or play some board games?
 Then why not join our....

GARDEN ... and Games group

Every Friday from 10am to 11.30am

.... Come along...

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ART GROUP

Do you want to join in a free Art group?

We are offering free Art group for anyone interested. Come along...

Every Friday from 1pm to 2.30pm

wesley mission

EMERGENCY RELIEF CHRISTMAS CLOSURE

Emergency Relief will be closed from 3.30pm Monday 23 December 2019 and will reopen 9.00am Friday 3 January 2020

CHRISTMAS HAMPERS

CHRISTMAS HAMPERS are a collection of non-perishable Christmas food items suitable for 4-6 Christmas meals.

Christmas hampers can be collected starting Monday 9 December 2019 to 3.30pm Monday 23 December 2019.

All you need is to be low income. This can be on Centrelink or on no income and be able to prove it. You also need personal ID (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 18yrs. You must be low income and able to prove it by Centrelink, card or bank statements/income statements. You also need personal ID (such as photo ID) or two other forms of ID.

REGISTER YOUR NAME AND DETAILS TO BOOK AN APPOINTMENT

Emergency Relief
 316 St Paul's Terrace, Fortitude Valley
 4006 QLD 1579

Quarry to Warry St Christmas

BLOCK PARTY

Friday 29 November 2019
 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.

PARTNERED WITH









wesley mission

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

Quarry to Worry St Christmas BLOCK PARTY

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 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.



PAINTERED LIVES
 Wesley Mission
 WYVQ 0312 084

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