

FEBRUARY 2020 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 GROUPS	NO GROUPS	
TUESDAY	 <p>SOCIAL BBQ <i>Every Tuesday from 10am–11:30am</i></p> <p>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.</p>	<p>ART GROUP @ ER <i>Every Tuesday 1pm– 2:30pm</i></p> <p>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.</p> 	
WEDNESDAY	 <p>CRAFT THERAPY GROUP @ ER <i>Every Wednesday from 1.30pm– 3pm</i></p> <p>Join us in making all sorts of neat artsy things!</p>		
THURSDAY	NO GROUPS		
FRIDAY	 <p>MARKET GARDEN <i>Every Friday from 9am</i></p> <p>Grab some fresh fruit or vegetables in our garden space!</p>	<p>GARDEN & GAMES <i>Every Fri 10am– 11.30am</i></p> <p>Come along to play board games, plant some herbs or shrubs or simply to hang out and enjoy the ambience</p>	<p>ART as THERAPY @ ER <i>Every Fri 1pm– 2.30pm</i></p> <p>Draw a picture, paint a landscape or simply express yourself through art!</p> 
COMMUNITY MEAL	<p>MONDAY COMMUNITY MEAL</p> <p>A two course meal, every Monday evening @ WMQ 316 St Pauls Terrace</p> <p><i>Doors open from 6:30pm to 7:30pm</i></p>	<p>WEDNESDAY COMMUNITY MEAL</p> <p>A three course sit down meal, every Wednesday evening @ WMQ 316 St Pauls Terrace</p> <p><i>Doors open @ 5pm, meal served @ 7pm</i></p>	<p>SUNDAY COMMUNITY LUNCH</p> <p>A two course lunch, every Sunday @ WMQ, 316 St Pauls Terrace</p> <p><i>Lunch served at 1pm</i></p>
THIS MONTH IN FEB	NONE		
COMING SOON....	The possibility fo shifting our Monday Meditation group to Thursday afternoon	Interested in helping clean up Community Meal? We are looking at a Monday Morning group and Thursday morning group to clean CM. Talk to the Manager	

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

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
QUEENSLAND

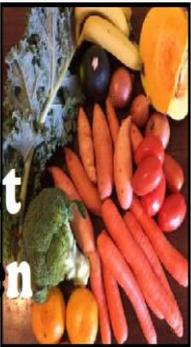
Coffee, Craft & Chat Group

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

Brisbane Relief Hub
316 St Paul's Terrace, Fortitude Valley QLD 4006
Opening hours: Mon - Thurs 9:00am - 12:00noon and 12:45pm - 3:30pm; Fri: 9:00am - 12:00noon and 12:45pm - 3pm
Phone: 3216 1579

With compassion comes change

EMERGENCY 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 Paul's Terrace
Fortitude Valley



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
brisbane

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...

With compassion comes change

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