

HEALTH & WELLBEING CALENDAR 2025

July

MON	TUES	WED	THU	FRI
	1	2	3	4 Motivation Pop up 10am- 12pm Trauma Informed Yoga Pop-up 1.30pm - 2.30pm
7	8 Anger Management & Conflict Resolution Pop-up 10am - 12pm	9 SMART Recovery 6pm - 7.30pm	10	11 Decision making Pop up 10am- 12pm
14 Sound Healing and Meditation 10am - 12pm	15 Anger Management & Conflict Resolution 10am - 12pm	16 SMART Recovery 6pm - 7.30pm	17 Healthy Lifestyles (PCYC Manunda)10am- 12pm Shark Cage 12:00 pm - 2:00 pm	18 Cairns Show Holiday
21 Sound Healing and Meditation 10am - 12pm	22 Anger Management & Conflict Resolution 10am - 12pm	23 Art & Soul 10am-12pm SMART Recovery 6pm - 7.30pm	24 Healthy Lifestyles (PCYC Manunda)10am- 12pm Art Express 9.30am- 11.30 am Shark Cage 12:00 pm - 2:00 pm	25 Rhythm to Recovery 10am- 12pm
28 Sound Healing and Meditation 10am - 12pm Sound Meditation Pop-up 1pm - 3pm	29 Anger Management & Conflict Resolution 10am - 12pm	30 Art & Soul 10am-12pm SMART Recovery 6pm - 7.30pm	31 Healthy Lifestyles (PCYC Manunda)10am- 12pm Art Express 9.30 am- 11.30 am Shark Cage 12:00 pm - 2:00 pm Move Make Connect 4 -5.30 pm	

Sound Meditation

Discover calm and well-being through guided meditation. This practice promotes self-awareness and helps relieve anxiety, depression, and overwhelm from daily life. Registration required.

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

The creative journey continues to support your creative wellness and enjoy time to relax, reflect and restore through artful self expression. This program is for those who have previously completed Art Express.

Anger Management & Conflict Resolution

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

Trauma Informed Yoga

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

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.

1:1 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.

Move Make Connect

A Support Group for Adults Living with PTSD Join us in a safe space where we explore healing through movement, creativity, and connection.

Shark Cage®

Shark Cage is a way of preventing, understanding and healing from violence against girls and women. You will learn how to create and set boundaries. This group helps women interrupt patterns of abuse in their lives and in ways that empower women.

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!

Healthy Lifestyles

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

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: coaching@centacarefnq.org
centacarefnq.org

centacare
MAKING A DIFFERENCE FNQ

HEALTH & WELLBEING CALENDAR 2025

August

MON	TUES	WED	THU	FRI
				1 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm
4 Sound Healing and Meditation 10am - 12pm	5 Anger Management & Conflict Resolution 10am - 12pm	6 Art & Soul 10am-12pm SMART Recovery 6pm - 7.30pm	7 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art Express 9.30 am - 11.30 am Shark Cage 12:00pm - 2:00pm Move Make Connect 4 -5.30 pm	8 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm
11 Sound Healing and Meditation 10am - 12pm	12 Anger Management & Conflict Resolution 10am - 12pm	13 Art & Soul 10am-12pm SMART Recovery 6pm - 7.30pm	14 Healthy Lifestyles (PCYC Manunda) 10am- 12pm Art Express 9.30 am - 11.30 am Shark Cage 12:00 pm - 2:00 pm Move Make Connect 4 -5.30 pm	15 Rhythm to Recovery 10am- 12pm Trauma Informed Yoga 1.30pm - 2.30pm
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