



Central Queensland MUSIC THERAPY

Newsletter August 2025

My Time Supported Social Group

My Time organises supported groups where **parents and carers of children with disability** or other additional needs can feel understood, share ideas, and access quality information and resources. This group is held in over 150 places across Australia, including Gladstone, hosted by various community and disability organisations.

Eliza, one of our Registered Music Therapists, ran the session last week, with focus on participants **showing themselves empathy**, and **taking time** for themselves **to do something fun**. Attendees took part in a group instrumental improvisation and shared their reflections on the theme of the session.

Eliza has also been **invited back** to run the session on the **2nd of September**! It would be great to see you there if you interested.

When: 9:30 – 10:30am, **fortnightly** on Tuesdays

Where: Communities and Families Precinct

Cost: FREE!

For more information, see the **flyer** (to the right), visit the **website**, or contact Brigitte: brigitte@p2pqld.org.au



- ✓ My Time is FREE to attend
- ✓ Parents with young children (0-5) are welcome!
A childminder will be available for support.

Need support and connection?

Join My Time—a free support group for parents and carers of children (18 & under) with additional needs, learning delays, or disabilities.

Connect with others who understand, share experiences, hear from guest speakers, and learn together.

10 June 24 June 22 July 5 Aug 19 Aug 2 Sep 16 Sep

 Tuesday 12:30-2:30pm

 Nutchee Building, Philip street
Precinct



R.S.V.P and more information, email brigitte@p2pqld.org.au

Mindful Mondays

The Gladstone Region Neighbourhood Centre provides **opportunities for community members**, including a program that they are currently running called Mindful Mondays. It was created to provide a **welcoming** and **inclusive** space for community members to connect **socially**, engage in **fun, low pressure** activities and explore **creativity** and **learning**.

On **Monday the 25th of August**, CQ Music Therapy will be co-running the Mindful Mondays session. While the program is yet to be finalised, participants can expect to take part in social and **musical activities** such as a **drum circle**, group **instrument play**, **songwriting** and discussion on the theme of mindfulness.

When: 9:30 – 10:30am, **weekly** on Mondays

Where: Communities and Families Precinct

Cost: FREE!

For more information, visit the [website](#) or contact Nicolle:

nicolle.mayers@gladstone.qld.gov.au

Calliope Youth Fest

Gladstone Regional Council is hosting the **Calliope Youth Fest** next month. Come along for a fun-filled day to **celebrate young people**, with the Youth Makers Market, delicious food stalls, live entertainment, a scavenger hunt, and **free, fun activities** for young people of **all ages**.

When: 20th September, 10am – 2pm

Where: Bunting Park, 34 Archer Street, Calliope

Cost: FREE!

For more information, please visit the [website here](#).

Thank you!

If you have any questions, please don't hesitate to reach out.

From **Eliza and Jess**

Central Queensland Music Therapy

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