

OUR SERVICES

ONE ON ONE COMPUTER LESSONS

Free one hour computer lessons.
Contact us to book an appointment.

FORMS ASSISTANCE

One on one assistance completing forms.
Contact us to book an appointment on a day that suits you.

FOOD RELIEF

No cost food hampers available on a monthly basis. Contact or visit us for more information.

EMERGENCY RELIEF

Financial relief available by appointment.
Contact us for more information.

INFORMATION AND REFERRAL

Information on support and services in our local community.
Contact us or visit us for more information.

REGULAR SOCIAL AND SUPPORT GROUPS

See inside for details.

VISITING SERVICES

QUIHN COUNSELLING

Free counselling services for people with past or present illicit drug use.
Call to make an appointment.
Contact: 07 3620 8111

CENTRELINK

Second Tuesday of every month.
Contact us for more information and to book an appointment.

WHO WE ARE

MGCCI is a not-for-profit, registered charitable organisation located on Logan Road, Upper Mount Gravatt.

As a community centre, we proactively seek to work with community members and other agencies and organisations to collaboratively deliver flexible, responsive and holistic services and development opportunities within our local community.

MGCCI can be accessed by all members of the community.

CONTACT US

Office Hours

Monday to Friday: 9am to 1pm

Incoming Calls

Monday to Friday: 9am to 4pm



Ph: (07) 3343 9833

Fax: (07) 3849 8638



1693 Logan Road, Mount Gravatt
QLD 4122



Website: www.mgcci.org.au

WHAT'S ON? AT MOUNT GRAVATT COMMUNITY CENTRE 2020

A PLACE AND A SPACE
FOR EVERYONE



MOUNT GRAVATT COMMUNITY CENTRE

2020 WEEKLY PROGRAM

MONDAY

CARD MAKING

When: 10:00am - 12:00pm fortnightly
Contact: Lorraine - 0418 188 710
A fun and friendly card making group open for everyone to come and enjoy.
Cost: \$7.50



TUESDAY

AFTERNOON FRIENDS

When: 1:00pm - 2:30pm
Contact: Lorna - (07) 3219 5504
A welcoming and fun women's only group. Activities include games, movies, art, outings and more. Cost: \$2.00



IN STITCHES SEWING GROUP

When: 9:00am - 2:00pm
1st Tuesday of the month
Contact: Chris — 0407 141 998
A sewing group for beginners, those looking for company or people wanting to sew for a good cause.
(Temporarily off site)



ENGLISH CONVERSATION

When: 9.30am to 11.30am (Intermediate)
12pm to 1pm (Beginner level)
Contact: MGCCI - (07) 3343 9833
A space to meet new people and practice your English language skills.



MUSICALLY SPEAKING

When: 7:00pm - 9:00pm fortnightly
Contact: Peter - 0408 756 763
Discover new music and share the music you love.



FAMILY DRUG SUPPORT

When: 7:00pm to 9:00pm
(last Tuesday of the month)
Contact: Dee - 0484 000 806
Monthly support group for families impacted by someone's drug/alcohol use.



UKULELE GROUP

When: 11.30am - 1.00pm 2nd and 4th Tuesday of the month.
Contact: MGCCI - (07) 3343 9833
Bring a Ukulele, or use one of ours.
(Temporarily off site)



WEDNESDAY

ONE FAMILY DREAMING GROUP WOMEN'S BUSINESS

When: 10am to 12pm
Contact: (07) 3343 9833
Last Wednesday of the month.
A women's group for sharing and learning about culture through food, arts nature and conversation. All women welcome.



SENIORS SOCIAL GROUP

When: 10:00am - 12:00pm
Contact: MGCCI (07) 3343 9833
Meetings 1st Wednesday of every month.
Come along to find out about and sign up for seniors outings. Costs for outings.



THURSDAY

MINDFULNESS GROUP

When: 1:00pm to 3:00pm
Contact: MGCCI (07) 3343 9833
A supportive group to learn about Mindfulness-based Compassionate Living to manage depression and anxiety.
Recommencing 2020.



CROCHET AND KNITTING GROUP

When: 10:00am - 12:00pm
Contact: MGCCI - (07) 3343 9833
A friendly group where you can have a chat and a cuppa and make beautiful art. Beginners & experienced crocheters welcome. Cost: \$2.00



MUSICALLY SPEAKING

When: 7:00pm - 9:00pm
fortnightly
Contact: Peter - 0408 756 763
Musically Speaking allows people to discover new music as well as share the music they love.



HOMEWORK CLUB

When: 3:30pm - 4:30pm
during school term.
Where: Holland Park Library, Seville Rd
Contact: MGCCI - (07) 3343 9833
Get assistance from volunteers to complete your homework. Primary school and high school aged children and young people and parents are welcome to attend.



FRIDAY

PAINT PALS SOCIAL ART GROUP

When: 9.30am - 1:00pm
Contact: Nancy - 0422 289 575 (no Oils)
A fun and friendly group for those interested in painting. There is no need to bring anything along at first. Come and try.
Cost: \$5.00



SATURDAY

COMPUTER CLUB

When: 10.00am - 3.00pm
Contact: MGCCI - (07) 3343 9833
A group for all interested in learning more about technology. Come along with any IT questions and bring your device if you have one.



IN STITCHES SEWING GROUP

When: 9.00am - 2.00pm
Third Saturday of the month
Contact: Chris - 0407 141 998
A group for beginners, those looking for company or people who want to sew for a good cause. 3rd Saturday of every month.
(Temporarily off site)



SUNDAY

MEDITATION

When: 4pm to 6pm
Contact: alexcoutner@live.com to attend or call 040 191 6649
Third Sunday of the month. Free classes. Class includes meditation instruction, Q and A, talks on non dual philosophy and group meditation. Suits everybody from beginners to long term adepts.



VISIT US ON FACEBOOK TO KEEP UP TO DATE

1693 LOGAN ROAD, MOUNT GRAVATT | (07) 3343 9833 | COMMUNITY@MGCCI.ORG.AU



Mt Gravatt
COMMUNITY CENTRE INC

Supporting the Community Since 1990