

DISCOVERY

August 2017

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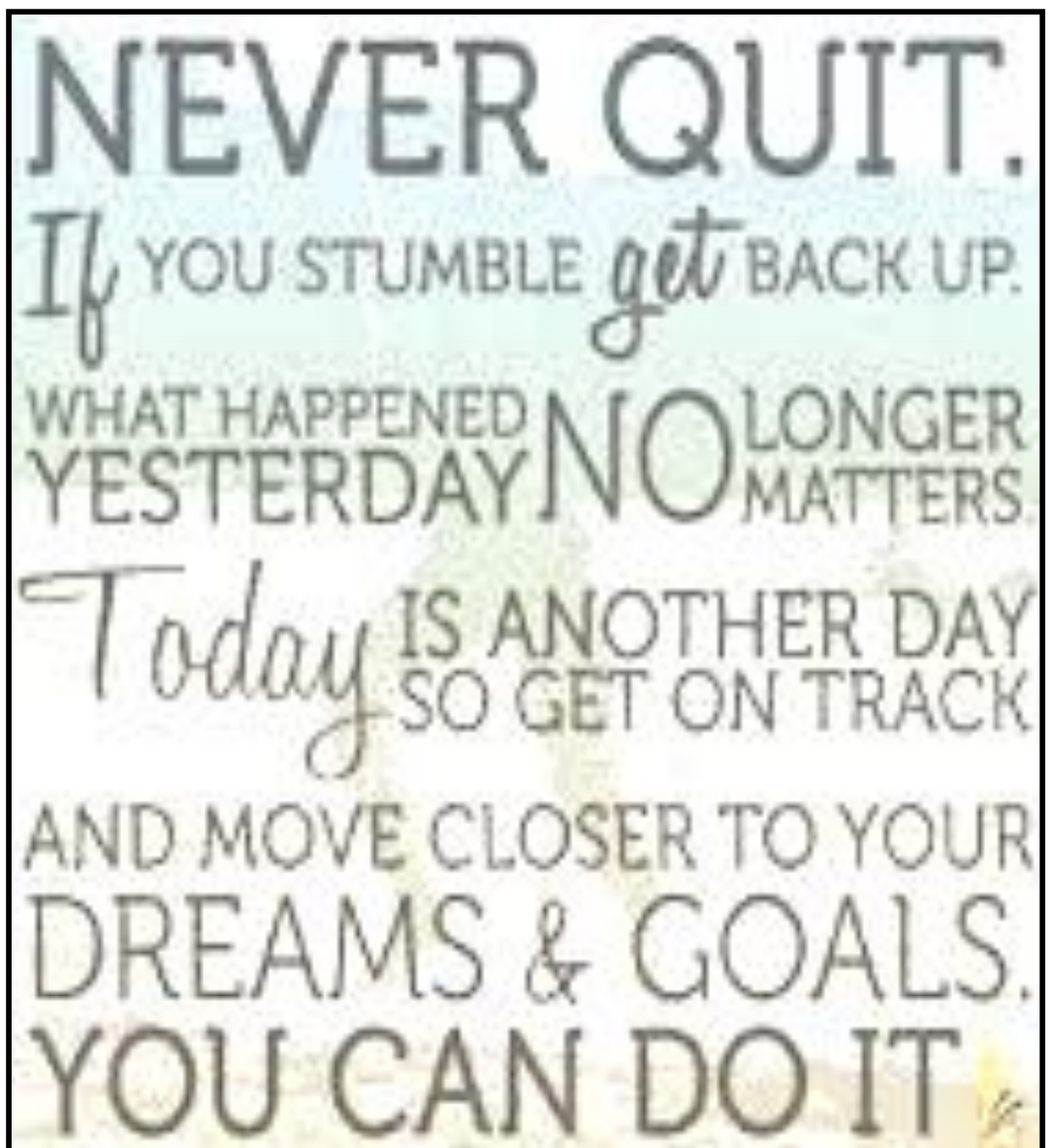
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Community Focus

3/2 Ann-Maree Close
Maroochydore 4558
P:54793110

info@communityfocus.org.au
www.communityfocus.org.au



Community Focus-Discovery Program
<https://www.facebook.com/Community-Focus-Discovery->

Maroochydore

Monday

10am-12.30pm

Seniors Unleashed 16
week program
(Closed Group)

Tuesday

10:00am - 2:30pm

Coffee Lounge Open

10:30am -11:30am

Men's Group

11.45am—12.45pm

Drumming Workshop

1.00pm - 2:30pm

WRAP Support Group

Wednesday

10.00-11.30am

De-Clutter Support Group

12.30pm—1.15pm

Yoga

Coffee Shop not open

Thursday

10:00am-2:30pm

Coffee Lounge Open

10:30am-11:45am

Tales of Discovery

Topic –social anxiety and
coping skills

12:15pm- 1:15pm

Women's Group

Topic -Fear

1:30pm-2:30pm

Creative Expressions

Friday

11:00am-12:30pm

Dual Diagnosis

1:00pm-2:00pm

Double Trouble in Recovery

Coffee Shop Not Open

Thursday 31st August



*This group does not operate
when the end of month BBQ is
on.*

Whats Happening in August ?

Caloundra

Tuesday

10:00am -11:30am

Women's Group
Topic -Boundaries

12:30pm -2:00pm
Hearing Voices Group

Caloundra Indoor Stadium
North St Caloundra

1.30 pm -3 pm
De cluttering workshop
Caloundra Community Centre
58A Queen st Caloundra

Wednesday

Men's Group
10:30am -12:00pm

Caloundra Indoor Sports centre
North St Caloundra

Noosa

Friday

11th August 11.00-12.30pm
The J @ Noosa Heads 60 Noosa Dr
The deck room
Topic Assertiveness

25th August 11.00am-12.30pm
Bare foot Bowling Tewantin
65 Hilton terrace Tewantin
Cost:\$5 per person
ALL WELCOME

Nambour

Wednesday

11:00am-12:30pm
Hearing Voices Group

1pm-3pm
Mental Health Recovery
WRAP (closed group)
Chime 16 Arundel Ave
Nambour



**BLUE CARE ARE NOW HOSTING MYSTERY LUNCH
OUTINGS**

ON SATURDAY'S, BETWEEN 11.00 AND 2PM

COST: \$15.00 PLUS LUNCH

PLEASE CONTACT PENNY OR JULIA ON

07 5438 5000, IF YOU WOULD LIKE TO ATTEND.

2ND ANNUAL NARRIVES OF HEALTH AND WELLBEING CONFERENCE Rise: A Conference Exploring Resilience, Writing and Wellbeing

CQ University Noosa
www.narrativesconference.org
26th and 27th October 2017



1/2 Day workshops 26th October Developing Narrative Writing Skills

This introductory workshop is for those who have a story, be it creative non-fiction or fiction, but who may be daunted by the idea of turning it into a full-length narrative work. We will develop a methodical approach to cultivating your story ideas and acquire a strong grasp of the fundamentals of narrative storytelling.

Community Focus has a number of scholarships to offer for this workshop for those people who think about writing the story of their journey. If you would like to apply for one of these scholarships please either e-mail or send in a brief expression of interest as to why you would like to attend this workshop.

info@communityfocus.org.au or
Community Focus PO BOX 1330 Maroochydore 4558

CREATIVE EXPRESSIONS FOR AUGUST

THURSDAY 3RD 1.30 - 2.30PM SING ALONG

THURSDAY 10TH 1.30 - 2.30PM SING ALONG

THURSDAY 17TH 1.30 - 2.30PM SING ALONG

THURSDAY 24TH 1.30 - 2.30 PM SING ALONG



Drumming Workshop

Tuesdays 11.45am—
12.45pm

Sessions
dependent
on availability



IN JAPAN, BROKEN OBJECTS
are OFTEN REPAIRED WITH
GOLD. THE FLAW is SEEN
as A UNIQUE PIECE OF the
OBJECT'S HISTORY, WHICH
ADDS TO its BEAUTY.

CONSIDER THIS
WHEN YOU FEEL BROKEN.



COULD YOU USE A PET COMPANION?

We all want to be able to provide our pets with the best care possible, but sometimes that can be difficult. Life throws all sorts of barriers at us making it hard sometimes to show our pets exactly how much we love them.

WHAT DOES A VOLUNTEER PET COMPANION DO?

Pet Companions provide short term, pet care for people experiencing mental health challenges.

Pet Companions can provide

- Short term care for your pet in their home
- Help with caring for your pet in your home
- Transport and support for veterinary and other visits

WE LOVE ANIMALS

You can relax with the knowledge that your pet is in good hands. We'll make sure your pet gets the same kind of care you would normally provide.

All of our Pet Companions are carefully screened and trained. We will even match our Companions to suit both you and your pet.

Contact us today, we're here for you
and your pet

Phone 1300 766 962 or

Email support@stepsgroup.com.au



Let's Connect!



Join us for a free community event
raising awareness and working
toward the prevention of
homelessness on the
Sunshine Coast

Homelessness Connect Day

Thursday 3rd August 2017

9am-12 noon

Quota Park Nambour

Sunshine Coast Housing &

Homelessness Network

Wheelchair Accessible Weather Permitting*

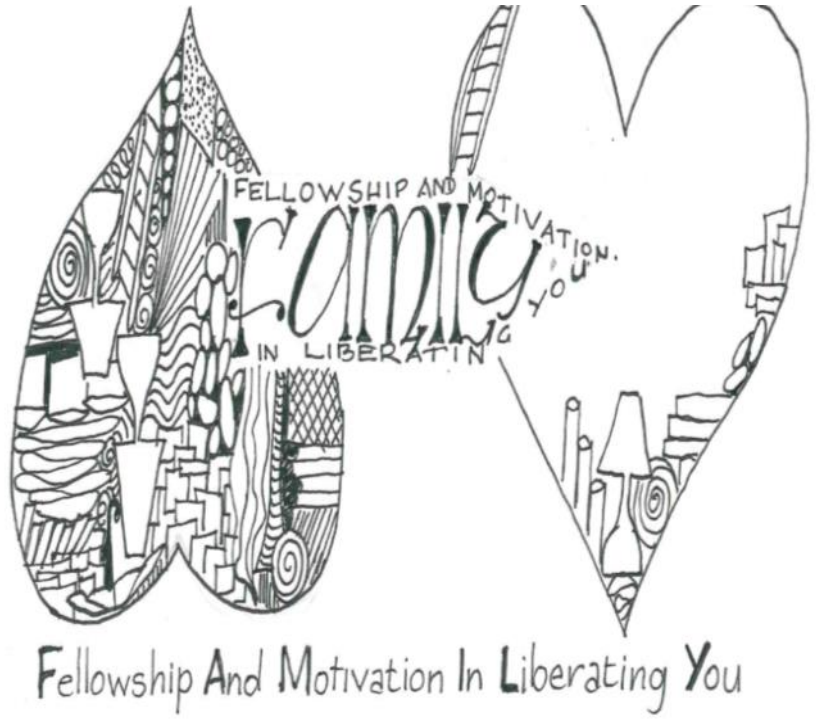


National Homelessness Week August 1-7

Decluttering Support Group

*Ongoing support
group for people who
have shared
experiences within the
“The Decluttering
Workshops”*

*Every
Wednesday
10.00-11.30am*



Maroochydore Tales of Discovery



Thursdays 10.30 am-11.45 am

This months topic is

Social Anxiety and coping skills

Community Focus

**Wishes all the August Babies a Happy Birthday . Come along to our
end of Month BBQ and grab your piece of Birthday cake**



Mens Group-Making Connections



**Men's Group Maroochydore
Community Focus-3/2 Ann-Maree Close
August Every Tuesday 10.30-12.00**

Making connections aims to bring together in the community so we can:

- Support and learn from each other's experiences
- Support and guide each other in future endeavours.
- Bridge the gap between older and younger generations.
- Look at what community resources are available to us in order to reach our goals.
- OR simply having a coffee

DATE	Activity	Location
Tuesday 1st August	Walk at Chambers Island	Meet at Community Focus
Tuesday 8th August	Lawn Bowls at Cotton Tree	Meet at Community Focus
Tuesday 15th August	Discussion and check in	Meet at Community Focus
Tuesday 22nd August	End of Month BBQ at Picnic point	Meet at Community Focus
Tuesday 29th August	Discussion and check in	Meeting at Community Focus

**Men's Group Caloundra
Caloundra indoor Sports Centre
August Every Wednesday 10.30-12.00**

DATE	Activity	Location
Wednesday 2nd August	Discussion and check in	Caloundra Indoor Sports centre North Street Caloundra
Wednesday 9th August	Discussion and check in	Caloundra Indoor Sports Centre North Street Caloundra
Wednesday 16th August	Coffee at Kings Beach	Kings Beach Caloundra
Wednesday 23rd August	End of Month BBQ Golden Beach	Golden Beach
Wednesday 30th August	Discussion and check in	Caloundra Indoor centre

Women's Group

Community Focus Association has a Women's Group in Caloundra and Maroochydore. All women are welcome to catch up and chat about different things that are important to us all.

WHEN & WHERE

Caloundra: Tuesdays 10:00- 11:30am

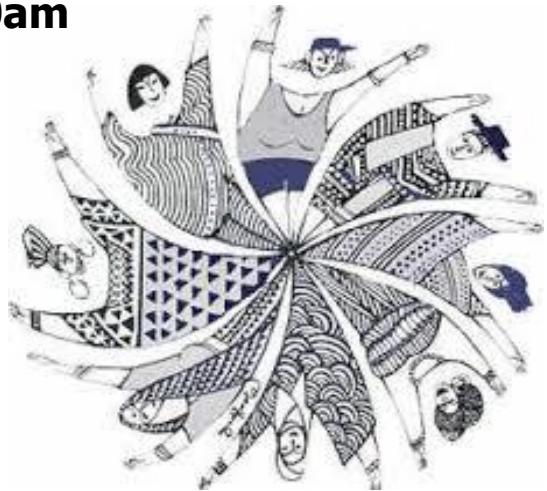
Caloundra Indoor Sports Centre
North Street Caloundra

**Last Tuesday of each month is
Coffee Catch Up**

La Promenade Cafe
4 Tay Ave, Caloundra QLD 4551

**Maroochydore: Thursdays
12:15 - 1:15pm**

Community Focus
3/2 Ann-Maree Close
Maroochydore



Caloundra's women's Group
Alix and Jo before an outing.





Furry Friends

**Have you a furry friend that enjoys going along to
Community Focus with you?**

Then this information is for you!

Here at Community Focus we understand the importance of companionship with pets. Just like you, we enjoy their company here at Community Focus.

Due to recent changes at the centre we now have to amend our policy to meet the current health and safety legislation. Therefore, the new amendments are now enforced as follows:

All animals **must stay outside of the coffee shop** section of the community building. There will be a space provided out the front of the building where animals can be tied up on a leash. Water will be supplied ensure our furry friends are happy.

Only **assistance dogs** are permitted in the coffee shop. They must be clearly identified as assistance dogs. Please remember we should not touch someone's companion animal without discussion with them first.

Furry friends are welcome to accompany you into group sessions. Please ensure you walk the animal through the office entrance into the meeting room.

We understand this change may cause distress or confusion, therefore, we welcome your feedback on these changes and we are open to discuss any queries with you on this matter.

TAFE Scholarships are now Available

Applications are now open and will close on the 31st August 2017. Scholarships are assessed and awarded annually for start of study in Semester 1. All details of types of scholarships and how to apply are further down the webpage. If further information is required please send questions to

scholarships@tafe.qld.edu.au or follow link
<http://scholarships.tafeqld.edu.au/>

Seniors Unleashed

Social Support Group

for individuals over **55** who have a desire for change and interest in pursuing an active and engaging life

WHEN: 1st Monday of the Month

WHERE: Community Focus
3/2 Ann-Maree Close
Maroochydore

TIME: 10.00-12.30pm

"YOU ARE NEVER TOO OLD
TO SET ANOTHER GOAL OR
TO DREAM A NEW DREAM."
-- C. S. LEWIS



Wednesday

12.30-1.15 PM

NOOSA GROUP

The Noosa group operates fortnightly.

FRIDAY 11th August — The J @ Noosa Heads 60
Noosa dr The deck room
Topic –Assert your self

Friday 25th August– Bare foot bowls
65 Hilton terrace Tewantin
Cost \$5 per person



shutterstock - 274687862



Please call the office on
Ph:5479 3110

if you would more information about this group.



Any Compliments or grievances are welcome
Please Don't hesitate to contact Community focus on
5479 3110 or use forms provided in the coffee shop

Return to:
Community Focus Association
PO BOX 1330
MAROOCHYDORE QLD 4558