



DISCOVERY

February 2017

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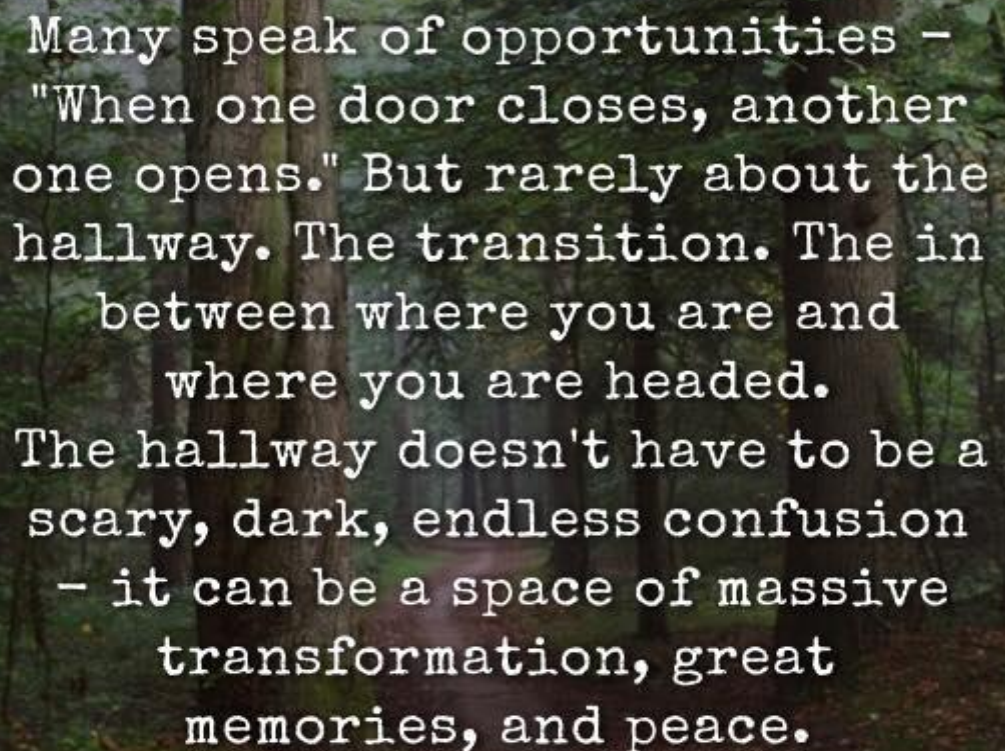
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Many speak of opportunities –
"When one door closes, another
one opens." But rarely about the
hallway. The transition. The in
between where you are and
where you are headed.
The hallway doesn't have to be a
scary, dark, endless confusion
– it can be a space of massive
transformation, great
memories, and peace.

Community Focus

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

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



Maroochydore

Tuesday

10:00am - 2:30pm
Coffee Lounge Open

10:30am -11:30am
Men's Group

1.00pm - 2:00pm
WRAP Support Group

Tuesday 7th February
11.45am—12.45pm
Drumming Workshop

Wednesday

Yoga
12.30pm—1.15pm

Coffee Shop not open
Wednesdays

Friday

11:00am-12:30pm
Dual Diagnosis

1:00pm-2:00pm
Double Trouble in Recovery

Thursday

10:00am-2:30pm
Coffee Lounge Open

10:30am-11:45am
Tales of Discovery

12:15pm- 1:15pm
Women's Group

1:30pm-2:30pm
Creative Expressions

**End of month BBQ and
movie**
Thursday 23rd February

Noosa

Friday

Noosa Group

10th 11:00am -12.30pm

24th 11.00-12.30pm

Tales of Discovery
Challenging Our Fears

The J @ Noosaville 60 Noosa Dr
The Deck Room

ALL WELCOME

Whats happening in February 2017? Caloundra

Tuesday

10:00am -11:30am
Women's Group

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

Wednesday

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

12-00pm-1.30pm
Fishing Group

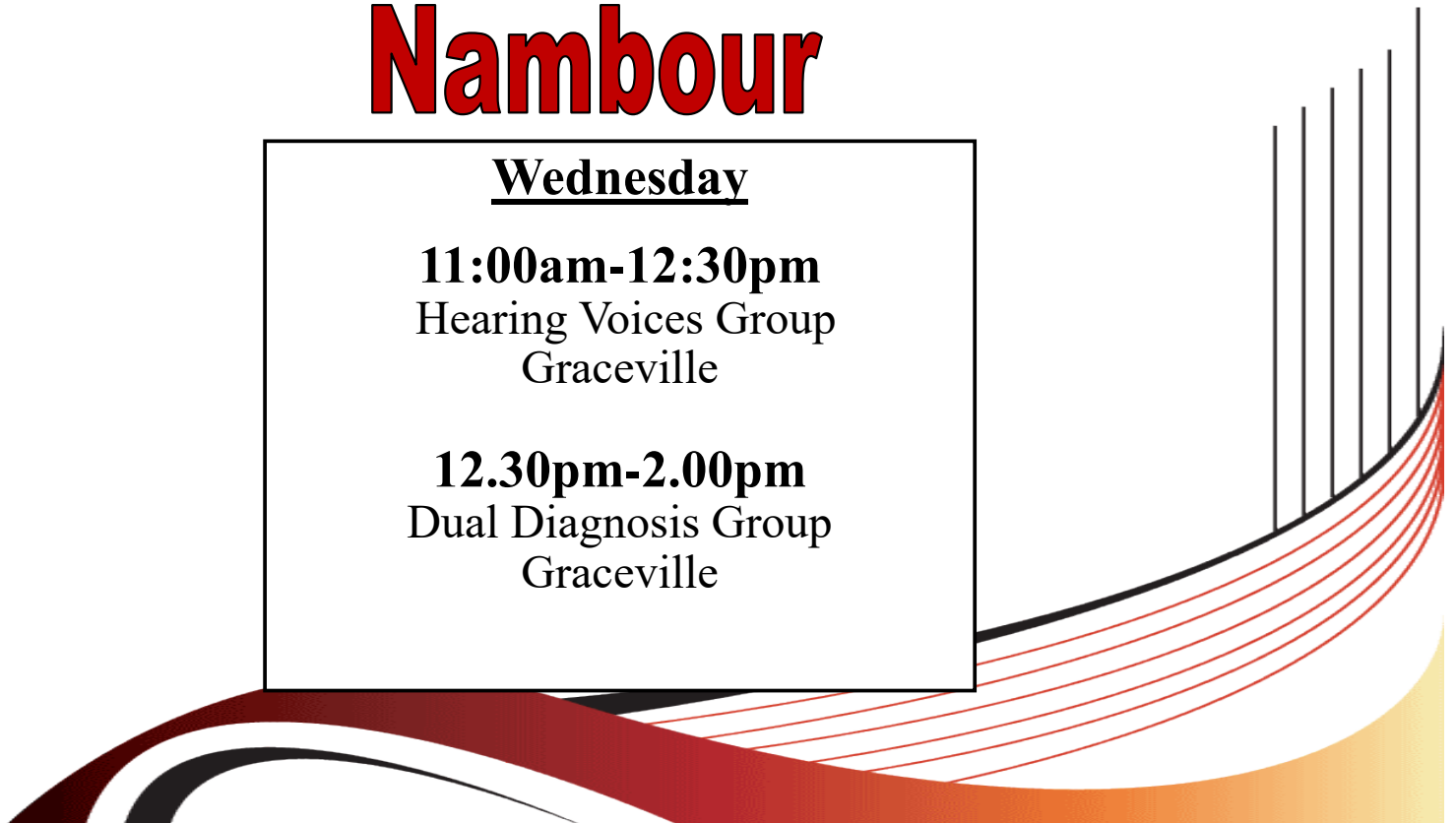
2.00-4.00pm
Cooking Group at Steps

Nambour

Wednesday

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

12.30pm-2.00pm
Dual Diagnosis Group
Graceville



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,

Steps

9 George Street

Caloundra

Maroochydore:

Thursdays

12:15 - 1:15pm,

Community Focus

3/2 Ann-Maree Close

Maroochydore



Drumming Workshop

Introduction Session

**Tuesday 7th February 11.45am—
12.45pm**

Follow up sessions
dependent
on availability



CREATIVE EXPRESSIONS

3RD 1.30 - 2.30PM

10TH 1.30 - 2.30PM

17TH 1.30 - 2.30PM

KARAOKE

KARAOKE

KARAOKE

Dual Diagnosis

Addiction + Mental Health

Dual Diagnosis is a group which seeks to support and inform individuals who are experiencing mental health and addiction challenges.



Sunshine Coast
Hospital and Health Service

Dual Diagnosis Groups are held:

Nambour— 5 Sydney Street, Graceville

Time— Wednesday, 12:30pm - 2:00pm

Maroochydore — 3/2 Ann-Maree Close, Community Focus

Time - Friday, 11:00am - 12:30pm



Hearing Voices Group

The Hearing Voices Group is open to anyone who hears voices, or has other sensory experiences that other people do not.

The group will:

- * Provide a safe space to share experiences of what it is like to hear voices amongst people with similar experiences
- * Look at different ways to make sense of hearing voices
- * Discuss different ways of coping with voices and distress
- * Encourage peer support & social connections

If you are interested in this group, talk to your SCHMHS case manager or phone:

Michael -Clinical Support Mountain Creek	5452 4430
Lisa -Clinical Support Mountain Creek	5452 4450
Robert or Ant -Graceville Centre Nambour	5441 4682
Sam -Community Focus	5479 3110

Nambour Group

5 Sydney Street

Wednesdays 11am-12:30pm

Caloundra Group

9 George Street

Tuesdays 12:30pm-2:00pm



HEARING VOICES WORKSHOP

An interactive and engaging FREE workshop that will build a common understanding of the lived experience and provide approaches that can work for voice hearers.

Date: Friday March 10
Venue: St Luke's Lutheran Church
10 Sydney St Nambour
Time: 1.00pm—3.00pm

Open to Voice Hearers



Amanda Waegeli is a voice hearer in recovery, an ambassador for the Hearing Voices Community of Queensland and Chairperson of the Australian Hearing Voices Establishment Project. She is well-known and recognised in the International Hearing Voices Network as a peer mentor, trainer, presenter, group facilitator, and builder of hearing voices networks.



TWO DAY HEARING VOICES FACILITATOR TRAINING

Date: Wednesday March 7th & Thursday March 8th
Venue: TBA
Time: 9.00-4.30pm

More info here.....

Phone Community Focus 5479 3110 to register

Life is a balance
of Holding on
& Letting go.

8 WEEKS EVERY TUESDAY
**DE-CLUTTERING
WORKSHOP**

What can you expect?

Would you like to feel supported in the process of de-cluttering? We will help you with; developing skills, techniques and strategies. We would like to invite you into a compassionate, supported and understanding environment, where you can feel safe and comfortable to learn and explore the skills for de-cluttering.

**Have you ever
felt like you
needed some
help to tackle
clutter?**

WHERE?

**Community Focus
3/2 Ann-Maree
Close
Maroochydore**

WHEN?

**Starting Tuesday
21 February
3-4.30pm**

For more information

Contact

**COMMUNITY FOCUS
ASSOCIATION**

3/2 Anne – Maree Close
Maroochydore Qld, 4558
Ph. 5479 3110
info@communityfocus.org.au

Decluttering Support Group

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

Starts 8th March Every Wednesday

10.00-11.30am

At Community Focus

Mens Group-Making Connections



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 and a yarn

Men's Group Maroochydore Community Focus-2/2 Ann-Maree Close February Tuesday 10.30-12.30

DATE	Activity	Location
7/2/17	Check in after the Christmas period	Community Focus
14/2/17	Coffee at Cotton Tree	Cotton Tree (can pick up from Community Focus)
21/2/17	Walk at Chambers Island	(can pick up from Community Focus)
28/2/17	Ten Pin Bowling	Alexander Headlands (can pick up from Steps)

Men's Group Caloundra STEPS-9 George Street February Wednesday 10.30-12.30

DATE	Activity	Location
1/2/17	Check in after the Christmas period	Steps 9 George St Caloundra
8/2/17	Coffee at Kings Beach	Kings Beach Caloundra (can pick up at Steps)
15/2/17	Walk at Kings Beach	Kings Beach Caloundra (can pick up at Steps)
22/2/17	End of Month BBQ	Kings Beach Caloundra Pick up Steps

Movie and BBQ Day

Come and enjoy our movie and meal deal.
Thursday 23rd February



Uber Sunshine Coast

Looking for a cheap ride
UBER is here....

<https://www.uber.com/en-AU/cities/sunshine-coast/>

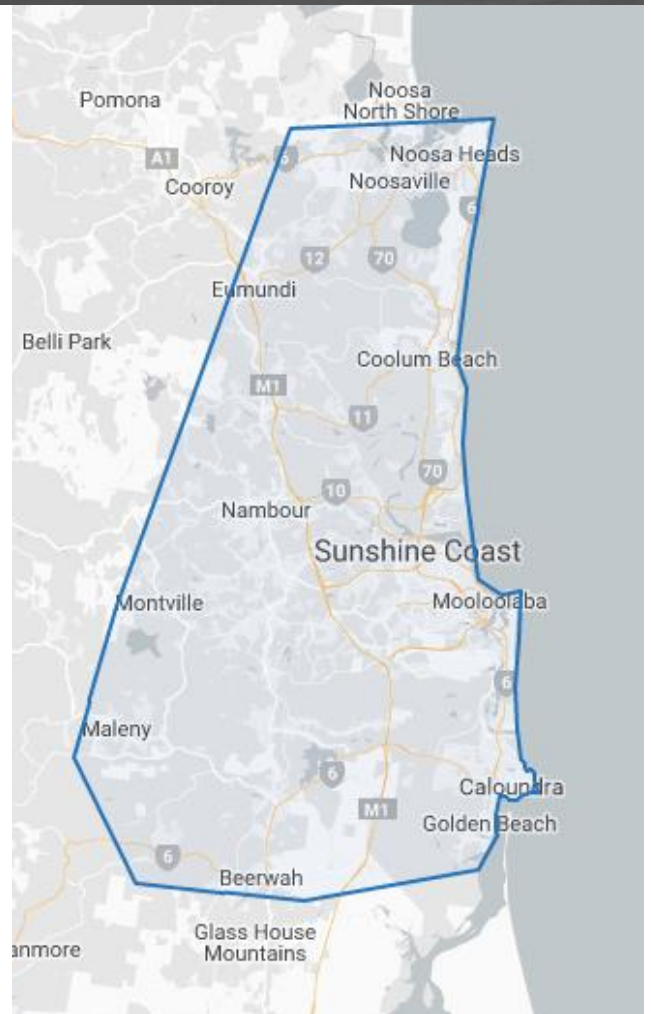


Sunshine Coast in [Uber Australia](#) (Australia and New Zealand) has 3 Uber car types ready to pick you up. The **Uber**

Sunshine Coast fare rates are updated daily. Use [Uber estimate Sunshine Coast](#) to estimate your Uber ride in Sunshine Coast.



New to Uber? Get a A\$5 [Uber promo code](#) here for your first trip in Sunshine Coast.



Dual Diagnosis **WRAP**

Wellness Recovery Action Planning

**10 week workshop commencing in Nambour and Maroochydore
Starting in March**

EXPRESSION OF INTEREST

This ten session WRAP workshop will explore ways to maintain our wellness when trying to overcome and cope with the challenges of addiction. Get in early to book your place.

The WRAP program has rolled out in several locations across the Sunshine Coast in 2017 so get in early to book your place!!

Venue:	Graceville 5 Sydney St Nambour
When:	Every Wednesday
Beginning:	March 1st
Ending:	May 3rd
Time:	12.30pm—2.30pm

Venue:	Community Focus 2/3 Ann-Maree Cl Maroochydore
When:	Every Friday
Beginning:	March 3rd
Ending:	May 12th
Time:	11.00am—1.00pm

WRAP
Wellness Recovery Action Plan



**For further information or to
book your place
please phone 5479 3110**



Lutheran Community Care



WRAP

Wellness Recovery Action Planning

10 week workshop commencing in Caloundra

The WRAP program was designed by Mary Ellen Copeland who spent many years talking to people about Mental Health and compiling evidence that reflected the ways in which people overcome challenges to live a fulfilling life.

The WRAP program will roll out in several locations across the Sunshine Coast in 2017 so get in early to book your place!!

Hope Self Advocacy
Personal Responsibility
Education Support

Venue: Caloundra Indoor Stadium
North Street
Golden Beach

When: Every Wednesday

Beginning: March 1st
Ending: May 3rd

Time: 6pm—8pm

WRAP
Wellness Recovery Action Plan



For further information or to book your place
please phone 5479 3110

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