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### **What's inside**

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CALOUNDRA &  
MAROOCHYDORE**

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MAROOCHYDORE &  
NAMBOUR  
HEARING**

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the Coast over Christmas**

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Expressions of Interest for  
Mental Health Peer Work  
Cert IV**

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Diagnosis WRAP—  
expressions of interest**

*Findlin*

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Wednesday

There will be no yoga for the first half of January

Workshop not open on Wednesdays

Friday

12:30pm

Analysis

1:00pm

Workshop in Recovery

Noosa

Friday

11:00am - 12:30pm

Noosa Group

Workshop of Discovery





# In Jan

**Tuesday**

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

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

**These groups  
resume on Tuesday  
10th January**

# Namb

**Wednesday**

**11:00am-12:00pm**  
Hearing Voice  
Graceville

**12.30pm-2.00pm**  
Dual Diagnosis  
Graceville

# WRAP

a Women's Group in  
women are welcome to  
ent things that are  
all.

## WHEN & WHERE

### Caloundra:

Resumes Tuesday

Jan 10th

Tuesdays

10.00- 11:30am,

Steps

9 George Street

Caloundra

### Maroochydore:

Resumes Tuesday

Jan 3rd

Thursdays

12:15 - 1:15pm,

Community Focus

3/2 Ann-Maree Close

Maroochydore

terest. This ten session WRAP  
explore ways to maintain c  
challenges of addiction.

**This workshop will include**

**Wellness tools**

**Trigger awareness and**

**When things are breaking**

**Crisis Planning and m**

If we receive enough interest  
with further details

Please Phone Community

## **Wellness**

### **Expressions**

If you would be interested  
shop in the **Caloundra Area**  
This 10 session WRAP wo  
and wellbeing with a plan

**This workshop will include**

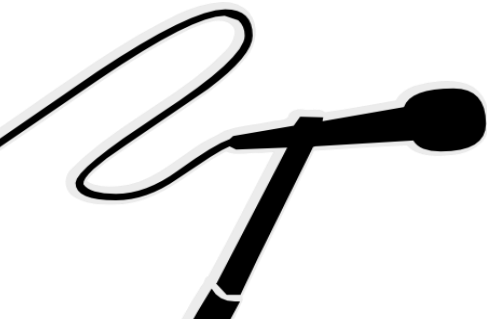
**Wellness tools**

**Trigger awareness and**

**Early Warning Signs**

**When things are breaking**

**Crisis and Post Crisis**



together in the community  
 e can:  
 Support and learn from  
 each other's experiences  
 Support and guide each  
 other in future endeavours.

Bridge the gap between old-  
 er 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

se

Location
Community Focus
h Tree (can pick up from Com- munity Focus)
pick up from Community Fo- cus)
ander Headlands (can pick up from Steps)
c Point Maroochydore/ Pick up Community Focus

Location
Steps 9 George St Caloundra
Kings Beach Caloundra (can pick up at Steps)

Dual Diagnosis is a group  
 inform individuals who are  
 experiencing mental health

## Dual Diagnosis Group

**Nambour**— 5 Sydney

**Time**— Wednesday, 12

**Maroochydore** — 3/2

**Time** - Friday, 11:00am

## Heari

**The Hearing Voices C**  
**other sensor**

The group will:

- \* Provide a safe space to
- amongst people with
- \* Look at different ways
- \* Discuss different ways
- \* Encourage peer support

If you are interested in this gro  
 Michael -Clinical Support Mou  
 Lisa -Clinical Support Mounta  
 Robert or Ant -Graceville Cent  
 Sam -Community Focus

# as Day

**nds**, 11-3pm, Nambour  
t Care. Feast of food, toys,  
astles. Free.

**as breakfast**, 8-11am,  
Lane, Maleny

dlife Community Centre,  
with entertainment for



dreamstime.com

## Beach

buskers and live music by  
Louise and more. Includes  
m. From 4pm.

ly



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## Cert IV in M

*A peer is a person who has ha  
such a  
challenges, or a family member  
someone  
ex  
I*

This training is offered to indivi  
provide positive support to other