

# DISCOVERY JULY 2017

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## Community Focus

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

[info@communityfocus.org.au](mailto:info@communityfocus.org.au)  
[www.communityfocus.org.au](http://www.communityfocus.org.au)



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

# Maroochydore

## Tuesday

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

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

**11.45am—12.45pm**  
Drumming Workshop

**1.00pm - 2:00pm**  
WRAP Support Group

## 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

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

## Wednesday

**10.00-11.30am**  
De-Clutter Support Group

**12.30pm—1.15pm**  
Yoga  
*Coffee Shop not open*

## Friday

**11:00am-12:30pm**  
Dual Diagnosis

**1:00pm-2:00pm**  
Double Trouble in Recovery  
*Coffee Shop Not Open*



Thursday 27th July



# Whats Happening in JULY 2017? Caloundra

## Tuesday

**10:00am -11:30am**

Women's Group  
Topic Boundaries

Caloundra indoor stadium

**12:30pm -2:00pm**

Hearing Voices Group

Caloundra Indoor Stadium  
North St

## Wednesday

**Men's Group**

**10:30am -12:00pm**

**Decluttering Workshop**

**1.30 pm– 3pm**

Caloundra Indoor Sports centre  
North St Caloundra

# Noosa

## Friday

**14th July 11.00-12.30pm**

Op shopping Noosaville area Meeting  
point RSL memorial park Diyan st  
Leaving at 11.15 am

**28th July 11.00am-12.30pm**

The J @ Noosa Heads 60 Noosa Dr  
The deck room  
Topic Assertiveness  
**ALL WELCOME**

# Nambour

## Wednesday

**11:00am-12:30pm**

Hearing Voices Group  
Graceville

**12.30pm-2.00pm**

Dual Diagnosis Group  
The last group will be 12th  
July. Please contact us if you  
require transport to Fridays  
group in Maroochydore

## CREATIVE EXPRESSIONS FOR JULY

THURSDAY 6TH 1.30 - 2.30PM SING ALONG

THURSDAY 13TH 1.30 - 2.30PM SING ALONG

THURSDAY 20TH 1 .30 - 2.30PM SING ALONG



## Drumming Workshop

**Tuesdays**

**11.45am—12.45pm**

Sessions  
dependent  
on availability



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

CQUniversity Noosa

[www.narrativesconference.org](http://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](mailto:info@communityfocus.org.au) or

Community Focus PO BOX 1330 Maroochydore 4558





**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

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

### **WHERE?**

Caloundra Community Centre

58A Queens Street

Caloundra

### **WHEN?**

Starting Tuesday 4 th July

1.30 pm — 3 pm finish 22<sup>nd</sup> August

**ZERO COST**

**For more information    Contact**

**Community Focus Association**

3/2 Anne – Maree Close Maroochydore Qld,  
4558

Ph. 5479 3110

[info@communityfocus.org.au](mailto:info@communityfocus.org.au)



SUNSHINE COAST JULY 2017  
IS SOMEONE IN YOUR FAMILY TAKING DRUGS?



**Are you at a loss as to what to do? Feeling helpless and isolated?**

Drug and alcohol use places strain on family members who experience serious disruption while facing immense emotional and practical challenges. With support, they can improve their own wellbeing, those of other family members and improve outcomes for everyone.

**Family Drug Support presents a 2 weekend course  
'STEPPING STONES TO SUCCESS'**

Winner of National Drug and Alcohol Award for Excellence

*"The course was a life saver! It provided skills for me to survive. It opened up new ways of seeing and dealing with myself and the drug user. It was a great relief and support to be with others." – Joan\**

*"I can now support my son in a way that will lead to positive outcomes. I have skills to support and love him without needing to control. I have also taken back my life and value myself as a person." – Peter\**

\*names changed for confidentiality

There are no rights or wrongs.

You don't have to do it alone, nor do you have to remain helpless.

Learn new skills to help you

- DETAILS:** Over 2 weekends 15-16 July & 29-30 July 2017  
**TIME:** 9:30am to 4pm (all 4 days)  
**COST:** Free for FDS Members (Membership \$30)  
- \$40 Workbook (Fee assistance available)  
**VENUE:** Community Focus, 3/2 Ann-Maree Close, Maroochydore  
**CALL:** Theo on 0402 604 354 or FDS Head Office (02) 4782 9222

**Limited spaces so bookings are essential**



For help 24 hours a day, ring 1300 368 186

## Decluttering Support Group

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

*Every  
Wednesday  
10.00-11.30am  
At Community Focus*



## Bright spot for health care card holders and asylum seekers!

Good news for healthcare card holders and asylum seekers today as the government extends the backdated electricity rebate until 31 December 2017.

Queensland Council of Social Service (QCROSS) has asked for this extension and is extremely pleased to see it being implemented.

"We know that people are doing it tough so having this rebate backdated for longer will make a real difference for struggling families," said Mr Mark Henley, QCROSS CEO. "This is great news and welcome the government's announcement."

Mr Mark Henley urged health care cards holders and asylum seekers to contact their electricity retailer as soon as possible to apply for the concession to make sure they receive it backdated to 1 January 2017.

"Every little bit helps when you are having trouble making ends meet," said Mr Henley.

For more than 55 years QCROSS has been a leading force for social change to eliminate poverty and disadvantage. With members from throughout Queensland, QCROSS supports a strong community service sector.

## Maroochydore Tales of Discovery



Thursdays 10.30 am-11.45 am

This months topic is

*Forgiveness and Gratitude*

## Community Focus

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





# 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

**Men's Group Maroochydore**  
**Community Focus-3/2 Ann-Maree Close**  
**April Tuesday 10.30-12.30**

DATE	Activity	Location
Tuesday 4th July	Walk at Chambers Island	Meet at Community Focus
Tuesday 11th July	Lawn Bowls at Cotton Tree	Meet at Community Focus
Tuesday 18th July	Discussion and check in	Meet at Community Focus
Tuesday 25th July	End of Month BBQ at Picnic point	Meet at Community Focus

**Men's Group Caloundra**  
**Caloundra indoor Sports Centre**  
**April Wednesday 10.30-12.30**

DATE	Activity	Location
Wednesday 5th July	Discussion and check in	Caloundra Indoor Sports centre North Street Caloundra
Wednesday 12th July	Discussion and check in	Caloundra Indoor Sports Centre North Street Caloundra
Wednesday 19th July	Coffee at Kings Beach	Kings Beach Caloundra
Wednesday 26th July	End of Month BBQ Golden Beach	Golden Beach



# 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



# 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:** 1<sup>st</sup> 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



**MENTAL HEALTH RECOVERY  
AND  
WELLNESS RECOVERY ACTION PLANNING  
FREE 10 WEEK PROGRAM!!  
NAMBOUR**

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 wholesome life, from this evidence base the WRAP program was born and today assists many people across the globe to enjoy life and effectively manage it's challenges via planning and maintenance.

**Your Life - Your Wellness - Be Large and In Charge!**

**This 10 week workshop  
includes the following  
components:**

- ~ Key Concepts of Recovery ~
- ~ Identifying Wellness Tools ~
  - ~ Daily Maintenance ~
- ~ Recovery Action Planning ~
  - ~ Crisis Planning ~
  - ~ Post Crisis Planning ~

**Nambour - Weekly**  
**Venue: CHIME**

**16 Arundel Avenue, Nambour**

**Every Wednesday  
Beginning July 19th**

**1pm till 3pm**



**For further information or to book your place at the above location please phone: 54 793 110**



**Wednesday**

**12.30-1.15 PM**

*Resumes on July 12th*

**At Community Focus**

## NOOSA GROUP

The Noosa group operates fortnightly.

**FRIDAY 14th July**— Op shopping Noosaville area Meeting point RSL memorial park Diyan st  
Leaving at 11.15 am



**FRIDAY 28th June**—@ The J –The Deck Room 60 Noosa Drive Noosa heads



**Last Months BBQ At RSL Memorial Park**

Please call the office on 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**