

# DISCOVERY JUNE 2017

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"Depression is not selfish.  
Anxiety is not rude.  
Schizophrenia is not wrong.

Mental illness isn't self-centered,  
any more than a broken leg  
or the flu is self-centered.

If your mental illness makes you  
feel guilty, review the definition  
of "illness" and try to treat yourself  
with the same respect and concern  
you would show to a cancer patient  
or a person with pneumonia."



Provided By Fresh Minds Matter

## Community Focus

3/2 Ann-Maree Close  
Maroochydore 4558

[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

## Wednesday

**10.00-11.30am**

**De-Clutter Support Group**

**12.30pm—1.15pm—Yoga**

*Yoga is only on the 7th of June this Month Due to Phillipa being away*  
**Coffee Shop not open**

## Friday

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

Dual Diagnosis

**1:00pm-2:00pm**

Double Trouble in Recovery  
**Coffee Shop Not Open**

## 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 run when  
the end of month BBQ is on.



Thursday 29th June



# Whats happening in June 2017? Caloundra

## Tuesday

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

Women's Group

**Topic:** Boundaries

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

Hearing Voices Group

Caloundra Indoor Stadium  
North St  
Caloundra

## Wednesday

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

**Men's Group**

Caloundra Indoor Sports centre  
North St Caloundra

# Noosa

## Friday

Noosa Group

**2nd June 11:00am -12.30pm**

**BBQ @ RSL memorial park**

Diyan St Tewantin

Please call to confirm attendance for  
catering purposes

**16th June 11.00-12.30pm**

The J @ Noosa Heads 60 Noosa Dr

The deck room

**30th June 11.00am-12.30pm**

The J @ Noosa Heads 60 Noosa Dr

The deck room

**ALL WELCOME**

# Nambour

## Wednesday

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

Hearing Voices Group

**12.30pm-2.00pm**

Dual Diagnosis Group

Graceville Centre

5 Sydney St

Nambour



## CREATIVE EXPRESSIONS FOR JUNE

1ST 1.30 - 2.30PM SING ALONG

8TH 1.30 - 2.30PM SING ALONG

15TH 1.30 - 2.30PM SING ALONG

22ND 1.30—2.30 PM SING ALONG



## Drumming Workshop

Tuesdays

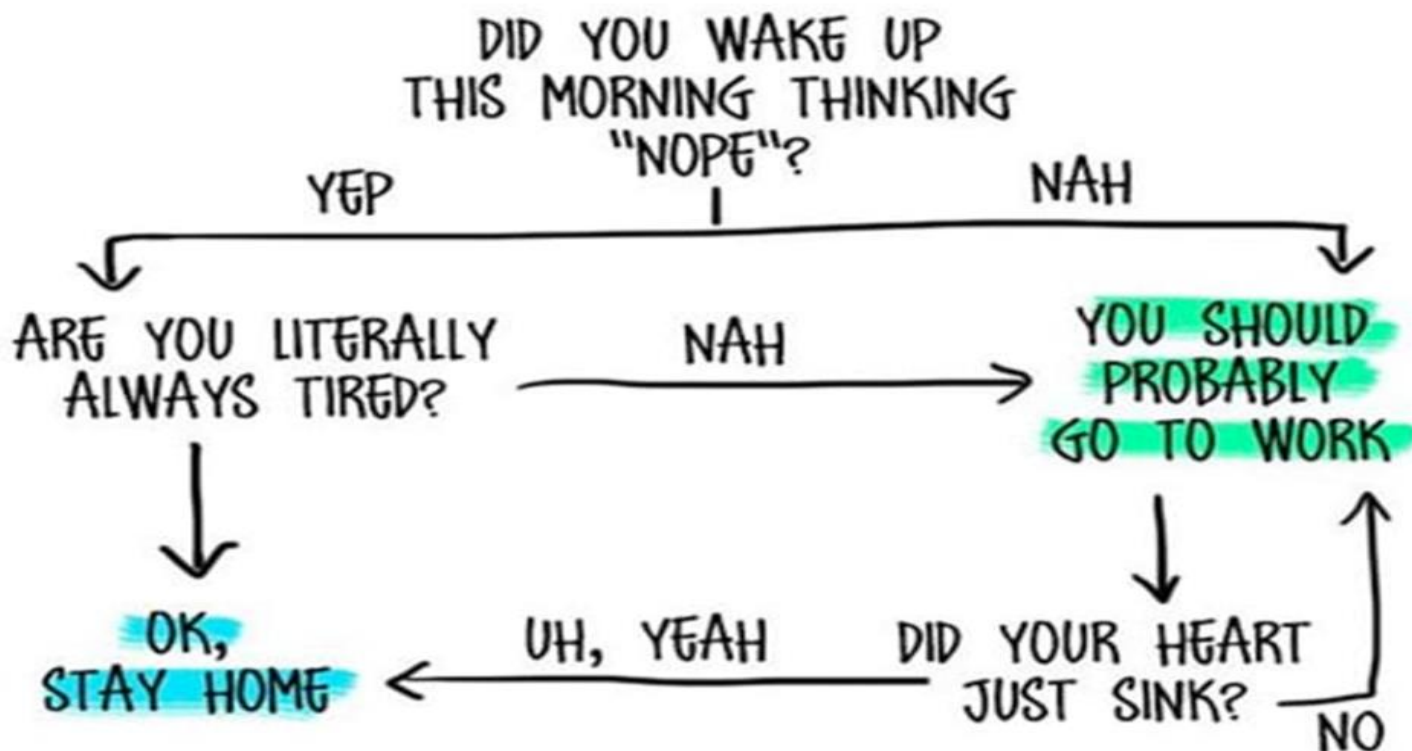
11.45am—12.45pm

Sessions  
dependent  
on availability



BFL

## SHOULD YOU TAKE A MENTAL HEALTH DAY?





# Healthy SUNSHINE COAST Seniors

Are you over 55 and would like to improve your mental health and wellbeing?

*Healthy Sunshine Coast Seniors* is running a free 16 week program aimed to improve:

- Social connections
- The mental health and wellbeing of seniors.

Participants will set goals to improve their physical health followed by sessions on improving mental health and wellbeing and connection to existing community-based program and services.

**Where:** Community Focus Meeting Space, 3/2-4 Ann Maree Close, Maroochydore

**When:** Mondays from 10am to noon (starting Monday, July 3 for 16 weeks)

Places are limited to 30 so book now to secure a spot. A light lunch is included and transport available if required.

For more information and to book contact Community Focus on 5479 3110.



[www.sunshinecoast.qld.gov.au](http://www.sunshinecoast.qld.gov.au)  
07 5475 7272



Queensland  
Government



Sunshine Coast  
COUNCIL

# 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

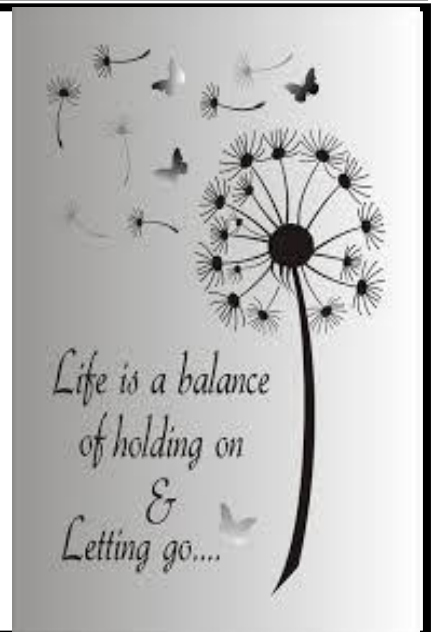
## Caloundra Group

Caloundra Indoor Sports  
centre North St

## 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*



## Maroochydore Tales of Discovery

Thursdays 10.30 am-11.45 am

This months topic is

*Forgiveness and Gratitude*



# 15 MINUTES TO BETTER SELF-CARE



Self-care is the act of taking care of yourself. It does not need to be complicated or time consuming. Try these 8 ideas that will take 15 minutes or less.

By Sara Robinson, MA

## 1 READ

Just about any type of reading will fit the bill- books, magazines, blogs, whatever! As long as it's not reading that causes you stress, it counts as self-care.



## 2 GO OUTSIDE

If you are able to walk, a short stroll can clear your head, allow you to enjoy nature and get you out into a refreshed place. If you can't walk, sitting outside and enjoying the day is a great choice.



## 3 CALL A FRIEND

Texting, emailing and instant messaging have become all-too-common. Take the time to call someone who helps you feel good and who will brighten your day.



## 4 COLOR

There is a fantastic new trend of adult coloring books. Coloring can act to calm you down and clear your mind as you focus on the task at hand.



## 5 LISTEN TO MUSIC

Choose music that you enjoy; it can be music that energizes you, relaxes you, inspires you- it doesn't matter. Take the time to focus on the music and enjoy the time to yourself.



## 6 PRACTICE MINDFULNESS

Sit in a comfortable position and focus on your breathing. When thoughts enter your mind, let them pass through without judgement and refocus on your breathing. When you practice mindfulness on a regular basis you will likely notice feeling more calm in your daily life.



## 7 TAKE A NAP

When you're not getting enough sleep it's almost impossible to be at your best. Many moms know that getting a good night's sleep is a challenge. Take the time to add to your sleep bank.



## 8 THINK POSITIVELY

With everything you have going on, it may be hard to be positive. However, by working to practice positive thinking, we may notice that we begin to feel better and are not as focused on the challenges.



### FAMILY DRUG SUPPORT (FDS) MAROOCHYDORE

#### MONTHLY SUPPORT GROUP FOR FAMILIES IMPACTED BY SOMEONE'S DRUG/ALCOHOL USE

- ✓ Caring and confidential support
- ✓ Non-judgmental & non-religious place
- ✓ A safe place to talk
- ✓ A place to share and be with others going through similar challenges
- ✓ A place to gain strength and skills

**2017 Meetings:**  
(3<sup>rd</sup> Wednesday of the Month  
7pm-9pm)

**January 18**  
**February 15**  
**March 15**  
**April 19**  
**May 17**  
**June 21**  
**July 19**  
**August 16**  
**September 20**  
**October 18**  
**November 15**  
**December 20**

**Where:** Community Focus,  
3/2 Ann-Maree Close Maroochydore

**Contact: Sue or Barry on**  
**0419 020 603**



# 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 6th June	Walk at Chambers Island	Meet at Community Focus
Tuesday 13th June	Lawn Bowls at Cotton Tree	Meet at Community Focus
Tuesday 20th June	Discussion and check in	Meet at Community Focus
Tuesday 27th June	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 7th June	Discussion and check in	Caloundra Indoor Sports centre North Street Caloundra
Wednesday 14th June	Discussion and check in	Caloundra Indoor Sports Centre North Street Caloundra
Wednesday 21st June	Coffee at Kings Beach	Kings Beach Caloundra
Wednesday 28th June	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

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

Community Focus  
3/2 Ann-Maree Close  
Maroochydore



## If you Think

The first place we lose the battle is in our own thinking. If you think it's permanent then it's permanent. If you think you've reached your limits then you have. If you think you'll never get well then you won't. You have to change your thinking. You need to see everything that's holding you back, every obstacle, every limitation as only temporary.



**Happy birthday to all the June babies. Come along to the end of month BBQ for your piece of cake!**



**MIFQ**

mental illness  
fellowship  
queensland

A Member of the Mental Illness Fellowship of Australia

## Mental Health Awareness Support Group



Third Tuesday  
of the month  
6:30pm to  
8:30pm

Our Mental Health Awareness Support Group meets on the third Tuesday of every month and provides people who require or are seeking support for mental health, with an open forum to talk and meet others. The group offers informal support and a positive and non-judgmental environment. All welcome.

### LOCATION

Maroochy Neighbourhood Centre,  
2 Fifth Avenue, Cotton Tree Qld 4558

### CONTACT

0402 477 600 | [kylieannjones@hotmail.com](mailto:kylieannjones@hotmail.com)

Supported by Mental Illness Fellowship Queensland (MIFQ) | [www.mifq.org.au](http://www.mifq.org.au)





**Wednesday  
7th June  
12.30-1.15 PM**

*Only one session this month*

**At Community Focus**

# 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  
Monday 5th June

**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

## NOOSA GROUP

The Noosa group operates fortnightly.

**FRIDAY 2nd June**— BBQ @ RSL memorial Park Diyan st  
Tewantin

**FRIDAY 16th June**- **Topic: Challenging our fears**  
@ The J –The Deck Room 60 Noosa Drive Noosa Heads

**FRIDAY 30th June**—**Topic: Challenging our fears**  
@ The J –The Deck Room 60 Noosa Drive Noosa heads





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