

# DISCOVERY

## March 2017

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Live  
with intention.  
WALK to the edge.  
Listen hard.  
LAUGH. PLAY  
with abandon.  
CONTINUE to learn.  
CHOOSE with no  
regret. APPRECIATE  
your friends.  
LEAD or follow  
a leader.  
Do what you love.  
Live as if this  
is all there is.  
— Mary Anne Radmacher —

### 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)



# 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  
**Clothes SWAP**  
Tuesday 28th March  
10.00-12.30pm

## Wednesday

**Yoga**  
**12.30pm—1.15pm**

*Coffee Shop not open  
Wednesdays*

## Friday

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

**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**  
Thursday 30th March  
1.00-2.30pm

# Noosa

## Friday

Noosa Group

**10th 11:00am -12.30pm**  
**Ten Pin Bowling**

**24th 11.00-12.30pm**  
Challenging Our Fears  
The J @ Noosaville 60 Noosa Dr  
The Deck Room

**ALL WELCOME**

# Whats happening in March 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



## CREATIVE EXPRESSIONS

2ND 1.30 - 2.30PM  
9TH 1.30 - 2.30PM  
16TH 1.30 - 2.30PM  
23RD 1.30 - 2.30PM

KARAOKE  
KARAOKE  
KARAOKE  
KARAOKE



**Tuesday 28th  
March**

**10am -  
12.30pm**



Tired of opening the cupboard and seeing the same old clothes. Bring them in and swap them for a different set.

## BBQ Day

Thursday 30th March  
1.00-2.30pm







# Cooking

Learn to cook healthy meals  
Learn basic cooking techniques  
Make new friends in a supportive environment  
Gain confidence with new life skills

**Where:** STEPS CALOUNDRA  
9 George Street

**TIME:** Wednesday 2.00-4.00pm

For more information contact:  
Bridget 0427388030  
David 0400858407



**2017**

## AUTUMN EQUINOX FESTIVAL

Celebrate the change of seasons and find out about all the great stuff happening at Nambour Community Centre.  
Bonfire, Music, Dance, FOOD, Awesome workshops, and MORE!  
Stay tuned for Festival Timetable!  
**FREE-FUN-ALL WELCOME**  
Invite your friends, neighbours and family.

**FRIDAY 17TH MARCH 3:30-8:30**

For each new person you bring  
You get a **FREE RAFFLE** ticket!!!

NAMBOUR COMMUNITY CENTRE  
FOR MORE INFO FIND US ON FACEBOOK, RING 5441-4724

# 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 Open to Voice Hearers

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**

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.





# **Decluttering Support Group**

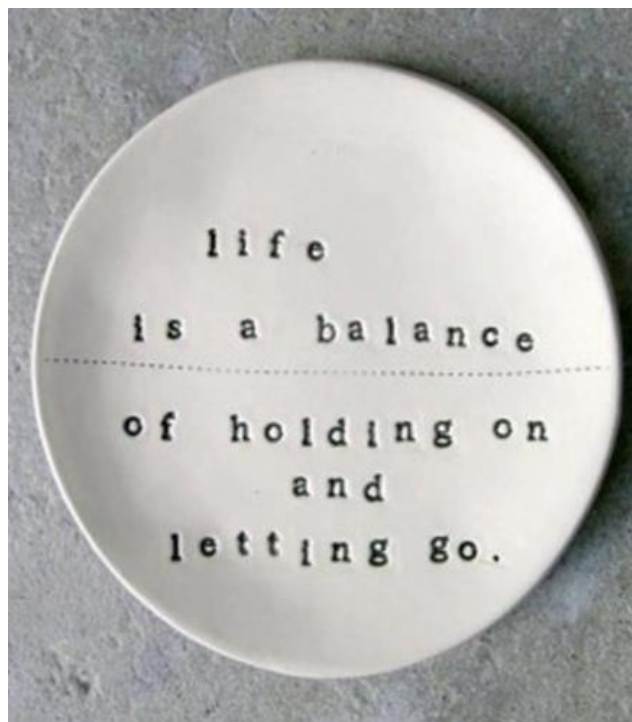
*Ongoing support group for people who have shared experiences within the “The Decluttering Workshops”*

*Starts 8th March Every*

*Wednesday*

*10.00-11.30am*

*At Community Focus*



***For more information contact Community Focus on 5479 3110***

## **Drumming Workshop**

**Tuesdays 11.45am—12.45pm**

Sessions  
dependent  
on availability



# 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 February Tuesday 10.30-12.30**

DATE	Activity	Location
7/3/17	Walk at Chambers Island	Meet at Community Focus
14/3/17	Lawn Bowls at Cotton Tree	Meet at Community Focus
21/3/17	Learning mindfulness and relaxation techniques	Meet at Community Focus
28/3/17	End of month BBQ at Picnic Point	Meet at Community Focus

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

DATE	Activity	Location
1/3/17	Discussion and check in	Steps 9 George St Caloundra
8/3/17	Discussion and check in	Steps 9 George St Caloundra
15/3/17	Coffee at Kings Beach	Kings Beach Caloundra (can pick up at Steps)
22/3/17	Learning mindfulness and relaxation techniques	Steps 9 George St Caloundra
29/3/2017	End of Month BBQ Golden Beach	Golden Beach (can pick up at Steps)



# 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

### **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



# ***Dual Diagnosis*** **WRAP**

## **Wellness Recovery Action Planning**

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

This ten session WRAP workshop will explore ways to maintain our wellness when trying to overcome and cope with the challenges of addiction.

Due to the nature of this workshop the group will be closed to those who have registered for the 10 weeks that WRAP runs for.

Once WRAP finishes the group will be reopen to new members.

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

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

## **WRAP** Wellness Recovery Action Plan



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



Lutheran Community Care



**Sunshine Coast**  
Hospital and Health Service



# Maroochydore Tales of Discovery



## WRAP

**Wellness Recovery Action  
Planning**

**This will be a closed  
group for 10 weeks.**

## YOGA

**EVERY WEDNESDAY  
12.30-1.15PM  
AT COMMUNITY FOCUS**



## Fishing Club



**CALOUNDRA  
Wednesdays  
12:00 pm (meet after men's group).**

Some equipment will be provided and bait.  
Open to all members, ladies are very welcome  
and encouraged. (We will even do the bait for  
you).  
So come and have some fun outdoors and make  
new friends.

**Further information CALL 5479 3110**

## NOOSA GROUP

The Noosa group operates fortnightly.

**FRIDAY 10TH MARCH-Ten Pin Bowling 11 Bartlett St, NOOSAVILLE**

**FRIDAY 24TH MARCH-"Challenging Our Fears @ The J –The Deck Room 60  
Noosa Drive NOOSAVILLE**

Please call the office if you would more information about this group.



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