

DISCOVERY MAY 2017

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Tell yourself:

By Doe Zantamata
happinessinyourlife.com

Everything
will work out.

Things will get better.

You are important.

You are worthy
of great things.

You are loveable.

The time is now.

This too, shall pass.

You can be who you
really are.

The best
is yet to come.

You are strong.

You can do this.

We believe
what we tell
ourselves.

Community Focus

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

info@communityfocus.org.au
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
Coffee Shop not open

Friday

11:00am-12:30pm
Dual Diagnosis WRAP– Finishes 4th May,

Dual Diagnosis Support groups will run every Friday

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



Thursday 25th MAY
1.00-2.30pm

With Clothes Bizarre
Free Clothes available during BBQ



Thursday

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

10:30am-11:45am
Tales of Discovery (Wrap until 4TH May)

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.



Every Wednesday

12.30-1.15 PM

At Community Focus

Seniors Unleashed

Social Support Group

For individuals over
55 who have a Desire
for change and Interest
in perusing an active
and Engaging life

"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 5TH MAY -Challenging Our Fears @ The J –The Deck Room 60
Noosa Drive NOOSAVILL

FRIDAY 19th MAY- Challenging Our Fears @ The J –The Deck Room 60
Noosa Drive NOOSAVILL

Dual Diagnosis WRAP

Wellness Recovery Action Plan
Maroochydore and Nambour

Venue:	Community Focus 2/3 Ann-Maree Cl Maroochydore	Venue:	Graceville 5 Sydney St Nambour
When:	Every Friday	When:	Every Wednesday
Beginning:	March 3rd	Beginning:	March 1st
Ending:	May 12th	Ending:	May 3rd
Time:	11.00am—1.00pm	Time:	12.30pm—2pm
Regular Support Groups will continue at this time every week		Regular Support Groups will continue at this time every week	

QDN invites the Maroochydore community to

Bright SPARKS

Bright Sparks is about learning through doing; we learn how to read bills, change usage habits, learn about rebates and how to find the best deal for you. Most people can find over \$200 in savings every year.

LEARN TO SAVE

Let's wise up together!

When:
12:30pm-2:30pm
Wednesday 17th May, 2017

Where:
Maroochy Neighbourhood Centre,
2 Fifth Ave, Maroochydore QLD 4558

To Book: Call Maroochy Neighbourhood Centre on (07) 5443 6696. Afternoon tea provided, please book for catering purposes

For more details contact QDN
(07) 3252 8566 or
qdn@qdn.org.au

Logos: QDN, Queensland Government, and a logo for 'Bright Sparks would not be possible without the support of the Queensland Government'.

Whats happening in MAY 2017? Caloundra

Tuesday

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

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

Caloundra Indoor
Sports centre
North street Caloundra

Wednesday

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

Caloundra Indoor
Sports centre
North street Caloundra

THE FISHING GROUP is not operating for May due to staff changes.
Please call the office if you want this group to continue.

Nambour

Wednesday

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

12.30pm-2.00pm
Dual Diagnosis Group
Graceville

Noosa

Friday
Noosa Group

5th May 11:00am -12.30pm
Challenging Our Fears
The J @ Noosaville 60 Noosa Dr
The Deck Room

19th May 11.00-12.30pm
Challenging Our Fears
The J @ Noosaville 60 Noosa Dr
The Deck Room

CREATIVE EXPRESSIONS

4TH 1.30 - 2.30PM SING ALONG

11H 1.30 - 2.30PM SING ALONG

18TH 1.30 - 2.30PM SING ALONG



Drumming Workshop

Tuesdays

11.45am—12.45pm

Sessions
dependent
on availability



***Photos from the successful Clothes Bazarre
and thank you to Tia for the free hair trims.***



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

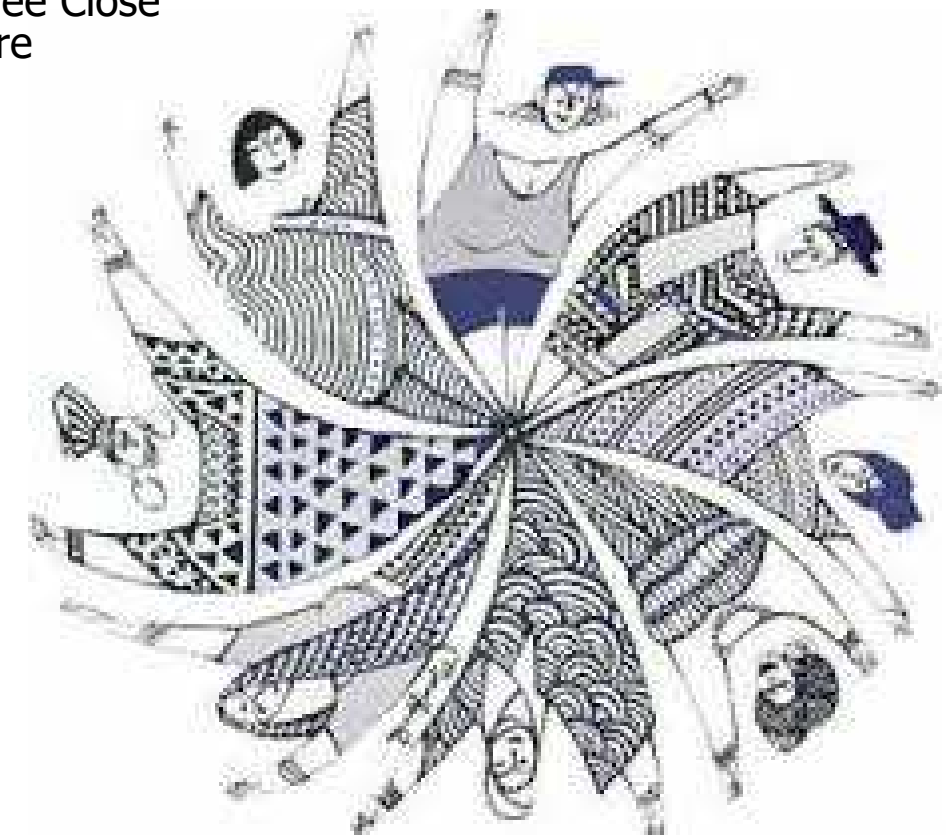
Caloundra Indoor Sports Centre
North Street Caloundra

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



Mens Group-Making Connections



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

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

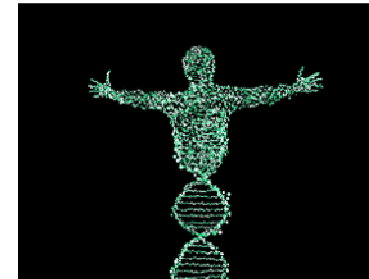
DATE	Activity	Location
Tuesday 2nd May	Walk at Chambers Island	Meet at Community Focus
Tuesday 9th May	Lawn Bowls at Cotton Tree	Meet at Community Focus
Tuesday 16th May	Discussion and check in	Meet at Community Focus
Tuesday 23rd May	End of Month BBQ at Picnic point	Meet at Community Focus

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

DATE	Activity	Location
Wednesday 3rd May	Discussion and check in	Caloundra Indoor Sports centre North Street Caloundra
Wednesday 10th May	Discussion and check in	Caloundra Indoor Sports Centre North Street Caloundra
Wednesday 17th May	Coffee at Kings Beach	Kings Beach Caloundra
Wednesday 24th May	End of Month BBQ Golden Beach	Golden Beach

Depression is not Genetic

A new study, published in the journal *Molecular Psychiatry*, found no link between genetics and the occurrence of depressive symptoms. Although previous researchers had theorized that genetics may interact with stressful life events to cause depression, the current data suggested otherwise.



"OUR FINDINGS DO NOT SUPPORT THE INTERACTION HYPOTHESIS," THE RESEARCHERS WRITE. "WE FOUND NO SUBGROUPS [...] FOR WHICH AN INTERACTION BETWEEN STRESS AND [...] GENOTYPE WAS STATISTICALLY SIGNIFICANT."

After many failed attempts by researchers to find a genetic basis for depressed mood, a 2003 study claimed to have discovered a link between depression and a polymorphism in the serotonin transporter, this common genetic difference includes a shorter allele, theorized to result in lower serotonin levels in the brain than for people with a long allele. The 2003 study found that the presence of 5-HTTLPR increased the risk of depression, but only for those who also experienced life stressors or trauma. This interaction effect appeared to explain why some people develop diagnosable depressive symptoms after a traumatic event, while others do not.

The 2003 study has earned a celebrity status in the literature on genetics and psychiatry, having been cited over 4000 times. However, it has also been the subject of controversy. Researchers have noted that studies finding such powerful genetic effects often turn out to be false positives. Indeed, the conclusions of the 2003 study have been questioned by numerous researchers who failed to replicate their initial result.

The current study attempted to replicate the initial findings with a large sample of over 38,000 people of European ancestry. They found that the presence of the 5-HTTLPR genotype did not increase a risk of depression, even in those who experienced significant life stressors and traumatic events. However, as expected, stress and trauma by themselves were strongly associated with the development of depression.

They conducted further analyses and found that there were no subgroups for whom this genetic basis of depression was significant. That is, the researchers were unable to find a single group for whom this genetic component plays a role. Instead, their data confirmed yet again the most consistent finding in depression literature—stress and trauma are strongly linked with depressive symptoms, and genetics are not.

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

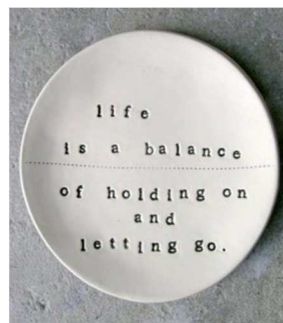
Caloundra Group

9 George Street
Tuesdays 12:30pm-2:00pm

Decluttering Support Group

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

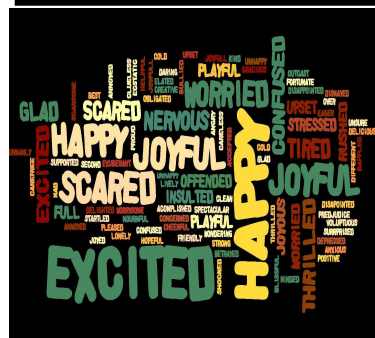
*Every
Wednesday
10.00-11.30am
At Community Focus*



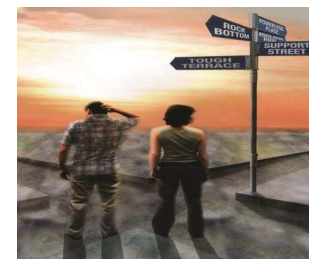
Maroochydore Tales of Discovery

Returns to Normal support Group from Thursday the 11th May 10.30-11.45 Am

Join us for Future planning of group topics and events Thursday 11th and 18th May



SUNSHINE COAST MAY 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 cope better and survive this journey intact.**

DETAILS: Over 2 consecutive weekends

20-21 May & 27-28 May 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: FDS Head Office (02) 4782 9222 or Theo on 0402 604 354

Limited spaces so bookings are essential

For help 24 hours a day, ring toll free 1300 368 186

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:
(3rd 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**

