

DISCOVERY

October 2017

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DURING MENTAL HEALTH WEEK,
LET'S SPEAK UP AND #GETLOUD



**KEEP
CALM
IT'S
MENTAL
HEALTH WEEK**

Mental Health week 8th -15th October

Community Focus PH: 5479 3110

3/2 Ann-Maree Close
Maroochydore 4558

info@communityfocus.org.au
www.communityfocus.org.au



Community Focus-Discovery Program
<https://www.facebook.com/Community-Focus-Discovery-Program-169265259875285>

Maroochydore

Monday

10am-12.30pm

Seniors Unleashed 16
week program
(Closed Group)

Tuesday

10:00am - 2:30pm

Coffee Lounge Open

10:30am -11:30am

Men's Group

11.45am—12.45pm

Drumming Workshop

1.00pm - 2:30pm

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

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

Topic –Social Anxiety and
coping skills

12:15pm- 1:15pm

Women's Group

1:30pm-2:30pm

Creative Expressions

*Creative Expressions does not
operate when the end of
month BBQ is on.*

Thursday 26th October

End Of Month BBQ

1.00-2.30pm

**New Location Lions
Park on Fishermans
Rd Kuluin**



Whats Happening in October?

Caloundra

Tuesday

10:00am -11:30am

Women's Group
Topic -Boundaries

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

Caloundra Indoor Stadium
North St Caloundra

1.30 pm -3 pm
De cluttering Workshop
Caloundra Community Centre
58A Queen St Caloundra

Wednesday

Men's Group
10:30am -11.30 pm

Caloundra Indoor Sports centre
North St Caloundra

Noosa

Friday

Friday 6th October 11.00-12.30pm
Ten pin Bowling @ Noosa Ten pin
Bowls 11 Bartlett Rd Noosaville

Friday 20th October 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







5 Sydney Street, Nambour

1pm-3pm
Mental Health Recovery
WRAP (closed group)
Chime 16 Arundel Ave
Nambour

Mental Health Week 2017

Program of the Week's events

www.mentalhealthandwellbeingfusion.weebly.com

Sunday 8th Oct	<p>Moving to Wellness Fun Walk 8.00 registrations 9:00am start @ Maroochydore Rotary Park Cotton Tree Enquiries: Community Focus 5479 3110 Mental Health Week will kick off with a walk from Cotton Tree Park and back followed by short sessions of drumming, tai chi, yoga and more in the park. For bookings go to https://www.eventbrite.com.au/e/moving-to-wellness-tickets-36086705307</p>	
Monday 9th Oct	<p>headspace Day 10.00am-2.00pm At headspace Unit 1 27 Evans St Maroochydore Enquiries: 5409 4900 headspace Maroochydore would like to invite you to join us in celebrating headspace day. Come along in your greenest garb and enjoy some creative awesomeness, music and food! If you're a young person wanting to jam + express yourself bring your voice/skit/instruments along!</p>	
Tuesday 10th Oct	<p>Pearl Open Day 11.00-3.00pm At PEARL 289 Nicklin Way Warana Enquiries: 5443 1558 The 'Community Connections Fair' aims to showcase the local Mental Health support options and resources that are available within the Sunshine Coast Community. The event will be themed like a fair, with games, activities and music. This will make it fun and engaging, whilst breaking down the stigma that can often be attached to Mental Health Week events.</p>	
Wed 11th Oct	<p>Conversation Corner Butter Factory Arts Centre 11A Maple St Cooroy 10 – 14 October 2017, 10am – 2pm daily Making Light of the Dark-Ian Richter A collection of photographic images that speak to those people who have Depression.</p> <p>Free Movie Night "Silver Linings" plus popcorn & small drink 6.00pm At Gympie Cinemas 82 Monk St Gympie. Bookings essential Contact PHN Gympie office 5482 6770</p> <p>Wellness Station at Sunshine Coast University Hospital Foyer 9.00-3.00pm 6 Doherty Street Birtinya</p> <p>Steve Parish - Leading a Creative Life Butter Factory Arts Centre 11A Maple St Cooroy Wednesday 11 October 2017 1:30pm</p>	
Thursday 12th Oct	<p>Mental Wellness Day 9.30am-3.00pm @ Glasshouse Mountains Neighbourhood Centre Lot 4 Ryan St Glasshouse Mountains Enquiries: 54387000 A day to celebrate all forms of mental health. To learn from each other and experience short 'tasters' of ways that we can support ourselves. Current topics include Art Therapy, Relaxing your Mind and Mental Wellness in our Community.</p> <p>"Path To Wellness" Art Show 5.30-8.30pm At Coolinda Mental Health Services The Sunshine Coast Private Hospital 12 Elsa Wilson Drive Buderim Enquiries: 5430 3305</p> <p>Graceville's "Wellness Station" 9.00-2.00pm At Nambour Village Square Market Lowe St Nambour Enquiries: 5441 4682</p>	
Friday 13th Oct	<p>Courageous Communities Conference 8.30am-4.30pm East Coast Region TAFE Queensland 71 Cartwright Road Gympie Queensland 4570</p>	
Saturday 14th Oct	<p>Conversation Corner Butter Factory Arts Centre 11A Maple St Cooroy 10 – 14 October 2017, 10am – 2pm daily</p>	
Sunday 15th Oct	<p>Rotary Walk 8.00am-1.00pm Mooloolaba Surf Club The walk will commence from the Mooloolaba Surf Club at 8am. Registration will open at 7 am. There is a choice of a short walk or a longer walk. The short walk will turn around at the Alex Surf Club. Ticket information www.mooloolabarotary.org</p>	

THURSDAY - 19TH 1.30 - 2.30PM JAPANESE HANGING PLANTS

[illegible]



Moving to Wellness



Come and join the 4.8km Walk/Run for Wellness to help raise awareness for mental health and promote wellbeing.

**All welcome, wheelchair accessible,
bring your pet, remember your hat.**

When: Sunday 8th October

Time: Meet at 8:00am for 9:00am start

Start: Maroochydore Rotary Park, Cotton Tree Park

Finish: Maroochydore Rotary Park, Cotton Tree Park

Cost for online booking: Adults \$20, Pensioners & Students \$10

Family (2 adults 2 Children) \$40

Cost on the day: Adults \$25, Pensioners & Students \$15

Family (2 adults 2 Children) \$45

Children under 12 **FREE**

Draw for 3 lucky entrants must be in attendance

Free T-Shirt aged 12 and over

For online ticket purchase:

<https://www.eventbrite.com.au/e/moving-to-wellness-tickets-36086705307>



All proceeds go towards funding activities for Mental Health Week

For further enquiries, please contact Community Focus on 5479 3110

Stay for a while after the walk and enjoy the activities on offer through out the day

Sausage Sizzle

Drumming

Dancercise

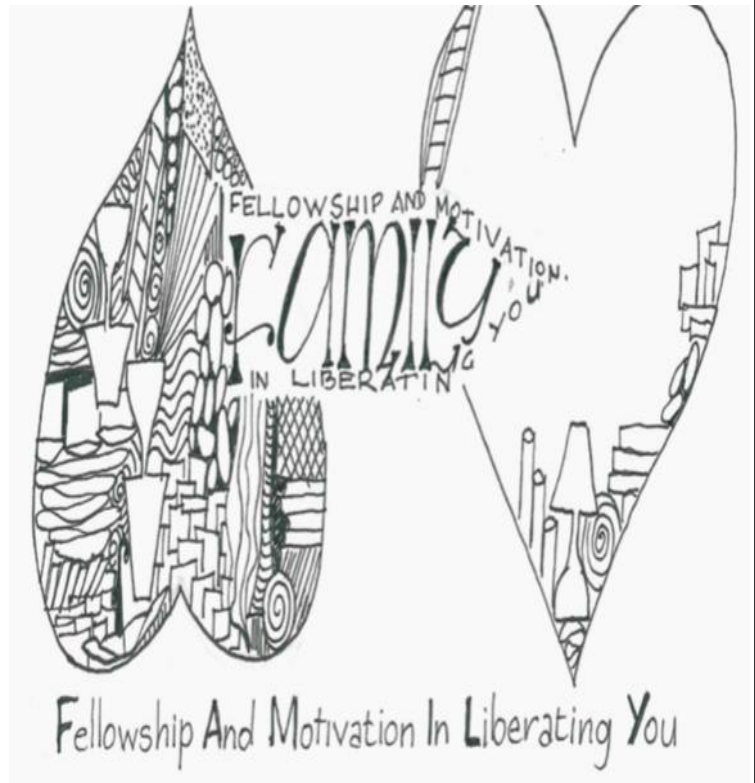
YOGA

Tai-chi

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**



**End Of month BBQ
Now being Held at
Lions Park
on the corner of
David Low Way and
Fisherman's Road**

Community Focus

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



Mens Group-Making Connections



Men's Group Maroochydore
Community Focus-3/2 Ann-Maree Close
September Every Tuesday 10.30-11.30

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 3rd October	Discussion and check in	Meet at Community Focus
Tuesday 10th October	Lawn Bowls at Cotton Tree	Meet at Community Focus
Tuesday 17th October	Walk at Chambers Island	Meet at Community Focus
Tuesday 24th October	Discussion and Check in	Meet at Community Focus
Tuesday 31st October	End of Month BBQ at Picnic Point	Met at Community Focus

Men's Group Caloundra
Caloundra indoor Sports Centre
September Every Wednesday 10.30-11.30

DATE	Activity	Location
Wednesday 4th October	Discussion and check in	Caloundra Indoor Sports centre North Street Caloundra
Wednesday 11th October	Discussion and check in	Caloundra Indoor Sports Centre North Street Caloundra
Wednesday 18th October	Coffee at Kings Beach	Kings Beach Caloundra
Wednesday 25th October	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



It's okay to be upset.

It's okay to be angry.

It's okay to feel stuck.

It's okay to feel confused.

It's okay to feel lonely.

It's okay to feel hurt.

It's okay to cry.

It's okay to not be okay.

Above all, be kind to yourself and
refuse to let negative feelings
trigger you into waging war on
yourself.



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 skills for de-cluttering.



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

WHERE?

Coolum Civic Centre

2-4 Park St Coolum Beach

WHEN?

Starting Tuesday 3rd October

To

21st November

1pm – 2.30 pm

ZERO COST

For more information Contact

Community Focus Association

3/2 Anne – Maree Close Maroochydore
Qld, 4558
Ph. 5479 3110
info@communityfocus.org.au

Drumming Workshop

Tuesdays 11.45am—12.45pm

Sessions dependent on Availability



NOOSA GROUP

The Noosa group operates fortnightly.

FRIDAY 6th October— Ten Pin Bowling
7/11 Bartlett Rd Noosaville 11 am –12.30 pm



Friday 20 th October– The J @ Noosa Heads
60 Noosa Dr The Deck Room 11am –12.30pm
Topic—Assert Yourself



Please call the office on
Ph:5479 3110

if you would more information about this group.



**Wednesday @
Community Focus**

12.30-1.15 PM

At Community Focus



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

**All external articles are published for information only and are not the views of
Community Focus Association**

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