



DISCOVERY

September 2017

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Remind yourself
every day:

“I am in charge of my happiness. I will not let anything outside of myself control me. I am creating a life that feels good on the inside and it will turn into experiences that are good on the outside.”

Live Purposefully Now

Community Focus

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

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

Topic -Fear

1:30pm-2:30pm

Creative Expressions

Friday

11:00am-12:30pm

Dual Diagnosis

1:00pm-2:00pm

Double Trouble in Recovery

Coffee Shop Not Open

Thursday 28th September

End Of Month BBQ

1.00-2.30pm

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



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

Whats Happening in September?

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 -12:00pm

Caloundra Indoor Sports centre
North St Caloundra

Noosa

Friday

9th September 11.00-12.30pm
The J @ Noosa Heads 60 Noosa Dr
The Deck Room
Topic :Assertiveness

22nd September 11.00am-12.30pm
The J @ Noosa Heads 60 Noosa Dr
The Deck Room
Topic :Assertiveness

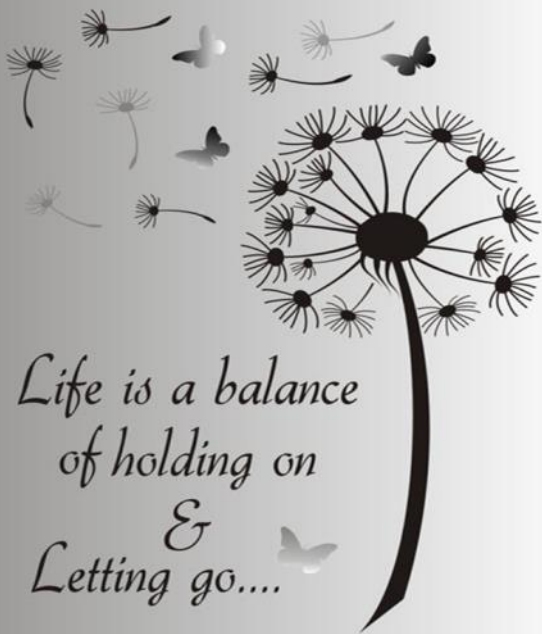
ALL WELCOME

Nambour

Wednesday

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

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



8 WEEKS EVERY TUESDAY
De-Cluttering

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

CREATIVE EXPRESSIONS FOR SEPTEMBER

THURSDAY 7TH 1.30 - 2.30PM SING ALONG

THURSDAY 14TH 1.30 - 2.30PM SING ALONG

THURSDAY 21ST 1.30 - 2.30PM SING ALONG



Drumming Workshop

Tuesdays 11.45am—12.45pm

Sessions dependent on Availability

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: 1st 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

Maroochydore Tales of Discovery

Thursdays 10.30 am-11.45 am

This months topic is

Social Anxiety and coping skills





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

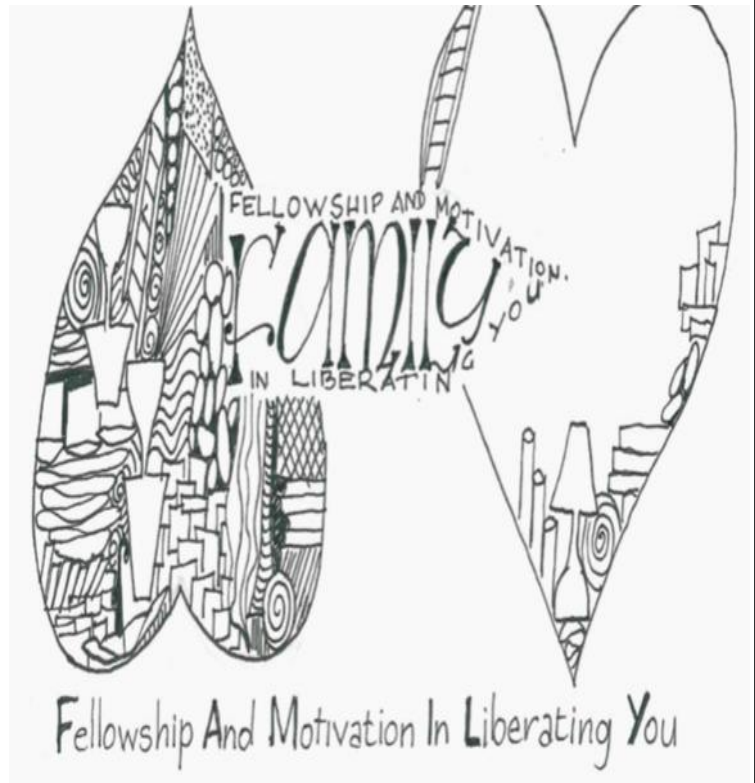
YOGA

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 September 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 10.30-12.00

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 5th September	Walk at Chambers Island	Meet at Community Focus
Tuesday 12th September	Lawn Bowls at Cotton Tree	Meet at Community Focus
Tuesday 19h September	Discussion and check in	Meet at Community Focus
Tuesday 26th September	End of Month BBQ at Picnic point	Meet at Community Focus

Men's Group Caloundra
Caloundra indoor Sports Centre
September Every Wednesday 10.30-12.00

DATE	Activity	Location
Wednesday 6th September	Discussion and check in	Caloundra Indoor Sports centre North Street Caloundra
Wednesday 13th September	Discussion and check in	Caloundra Indoor Sports Centre North Street Caloundra
Wednesday 20th September	Coffee at Kings Beach	Kings Beach Caloundra
Wednesday 27th September	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



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

CQ University Noosa
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 or
Community Focus PO BOX 1330 Maroochydore 4558

Advance Health Directive for Mental Health



**Everyone is welcome to join in on this
information session**

Explaining and answering all the questions you may have regarding Health care directives

- benefits of a health directive
- When the treatment Authority may be made if you have an advance health directive
- Adding your views, wishes and preferences to treatments

Hosted by Community Focus

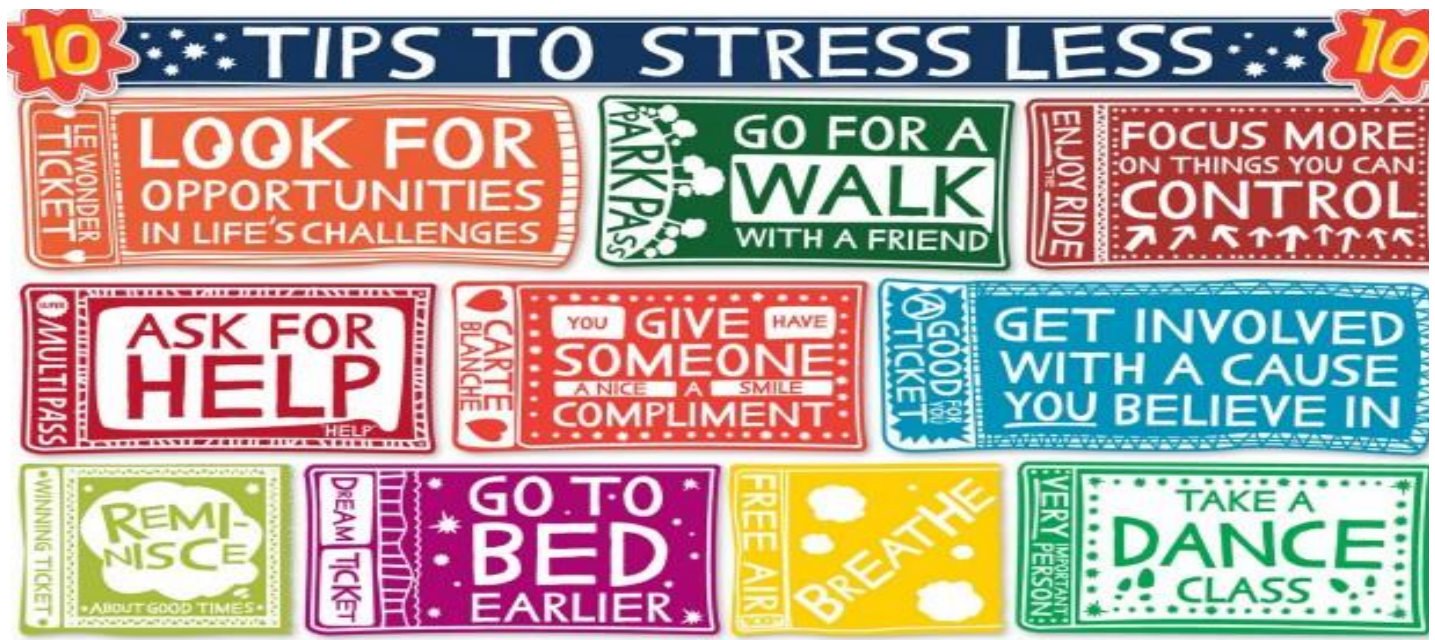
Presenters- Rod Buchner and Tracey Rodgers from Independent Patient Rights Advisors

When: Monday September 18th

Time: 9.30am-11 am

Where: The Salvation Army Centre

Corner of Broadmeadows Rd & Maroochydore Rd
Maroochydore



**Wednesday @
Community Focus**

12.30-1.15 PM

NOOSA GROUP

The Noosa group operates fortnightly.

FRIDAY 9th September— The J @ Noosa Heads
60 Noosa Dr The Deck Room
Topic –Assert Yourself

Friday 22nd September– The J @ Noosa Heads
60 Noosa Dr The Deck Room
Topic—Assert Yourself

Please call the office on
Ph: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

**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