

# DISCOVERY

## April 2018

**Discover What's  
inside**

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**APRIL CALENDAR**

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**So many suffer alone.  
Let's send love today to  
every person who is  
battling depression.**



**Community Focus PH: 5479 3110**

**3/2 Ann-Maree Close  
Maroochydore 4558**

**[info@communityfocus.org.au](mailto:info@communityfocus.org.au)**



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

# Whats on April

## Monday

### Maroochydore

**Coffee Lounge not Open**  
**Seniors Unleashed social group**  
*Group will run on Monday 9th April*  
*Guest speaker traveling solo*  
**10 am– 12.30pm**

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## Tuesday

### Maroochydore

**Coffee lounge open**  
**10 am-2.30pm**

**Men's Group**  
**10.30 am-11.30 am**

**Creative Expressions**  
**12.15 pm-1 pm**

**Hearing Voices Group**  
**2.00pm– 3.30 pm**

### Caloundra

**Women's Group 10.30am-12 pm**

*Caloundra Lapidary Club*  
*9 Caloundra Rd*  
*(Behind Information Centre)*

## Wednesday

### Maroochydore

**Declutter support Group**  
**10 am-11.30 am**

**Yoga**  
**12.30pm-1.15 pm**

**WRAP Support Group 1.30-2.30pm**

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### Nambour

**Hearing Voices**  
**11 am-12pm**

**Dual Diagnosis**  
**1pm -2.30 pm**

*Both Groups*  
*Graceville Centre 5 Sydney st*  
*Nambour*

### Monthly Billboard

**Community Focus will not be**  
**running groups on**  
**Wednesday 25th due to April**  
**Anzac day public Holiday**

# Whats on April

## Thursday Maroochydore

**Coffee Lounge Open**  
10 am-2.30 pm

**Tales of Discovery**  
10 am-11.45 am  
*Topic –Communication*

**Women's Group**  
12.15pm-1.15pm

**Workshops**  
1.30 pm-3.30pm  
**WRAP-closed group**

**End of Month BBQ**  
April 27th

*Last Thursday of the month  
Lions Park on the corner of David low  
way and Fisherman's Rd  
(Weather permitting)*

## Caloundra

**Men's Group 10.30am-12pm**

**Hearing Voices Group 12.30pm-  
2.30pm**

*Caloundra Lapidary Club  
9 Caloundra Rd  
(Behind Information Centre)*

## Friday Maroochydore

**Coffee Lounge not Open**

**Dual Diagnosis**  
*Mental Health and Addiction*

**11am-12.30 pm**

**Support Group**

**1pm—2pm**

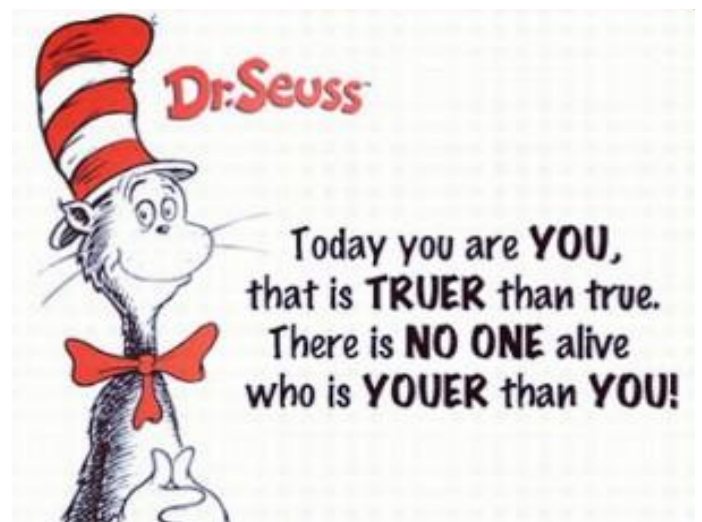
## Noosa

**Noosa Group**  
*Runs fortnightly*

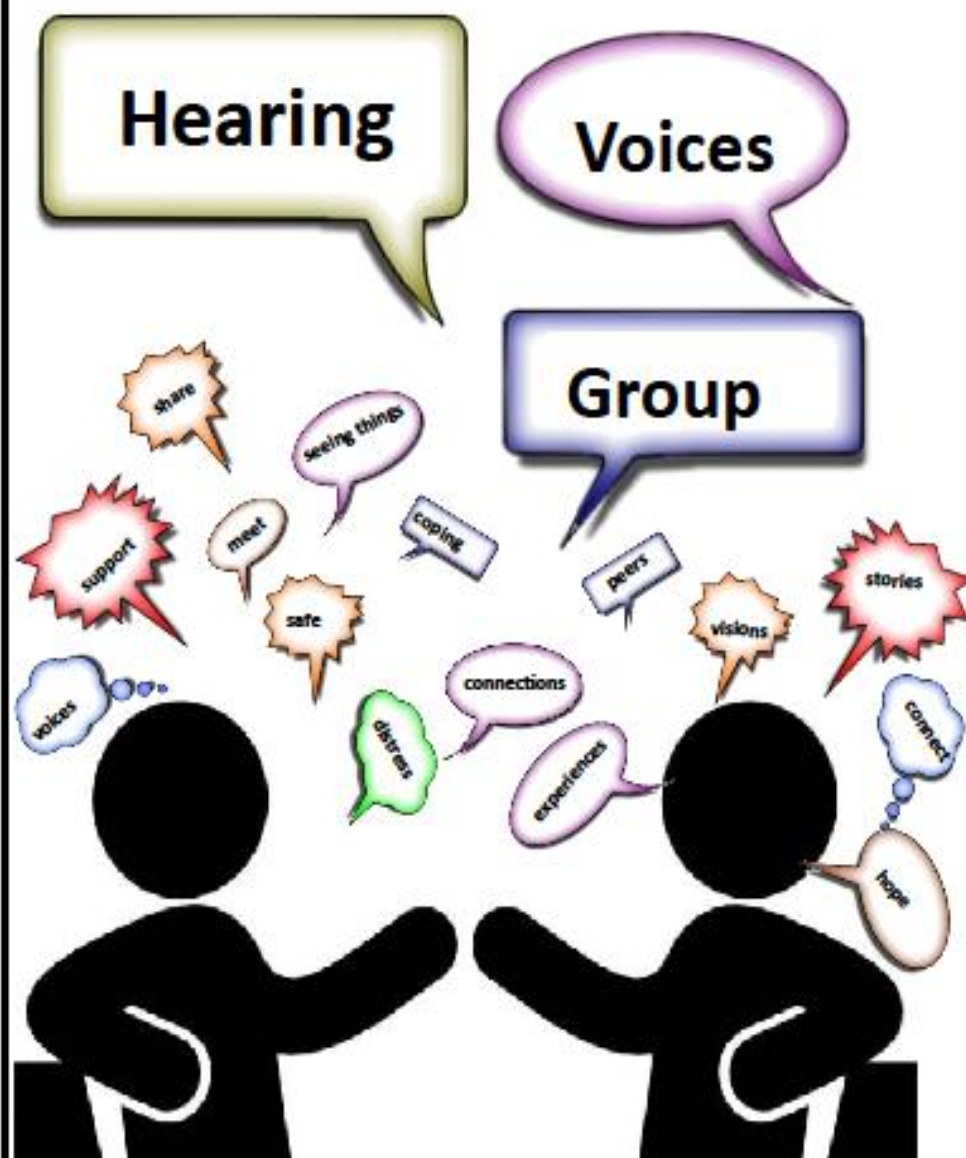
**11am-12.30pm**

**Monthly topic Unhelpful Thoughts**  
*April 6th– Discussions At the J*

*April 20th –Discussions at the J*







#### Nambour Group

##### WHERE:

Graceville Centre  
5 Sydney Street,  
Nambour

##### WHEN:

Mondays 2:00pm- 3:00pm

#### Caloundra Group

##### WHERE:

Caloundra Library  
8 Omrah Avenue,  
Caloundra

##### WHEN:

Wednesdays 12:30pm- 1:30pm

#### Maroochydore Group

##### WHERE:

Community Focus  
3/2-4 Ann Maree Close,  
Maroochydore

##### WHEN:

Tuesdays 2:00pm- 3:00pm

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.

There are hundreds of Hearing Voices Groups around the world and now the Sunshine Coast.

If you are interested in this group, please talk to your SCHMHS Case Manager or phone:

Maroochydore and Caloundra- Community Focus- 5479 3110

Nambour: Robert or Hayley- 5441 4682

## Are you having Computer/Phone problems?

Do you want to learn how to use the features and apps on your phone to their full potential?

**DAY – TUESDAY**  
**TIME – 12pm-2:00pm**  
**LOCATION – MAROOCHYDORE**



**FOR MORE INFORMATION CONTACT**  
**Community Focus**  
**54793110**

# Seniors Unleashed

## Social Group

for individuals over **55** who have a desire for change and interest in pursuing an active and

**WHEN:** Monday April 2nd

**WHERE:** Community Focus

**TIME:** 10.00-12.30pm

**ACTIVITY:** Guest speaker  
on solo traveling

"YOU ARE NEVER TOO OLD  
TO SET ANOTHER GOAL OR  
TO DREAM A NEW DREAM."  
-- C. S. LEWIS

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# Maroochydore Tales of Discovery

**Thursdays**

**10.00am-11.45am**

**This months topic is Communication**







# **Maroochydore Women's Group outing to Nambour showgrounds for women's international day**



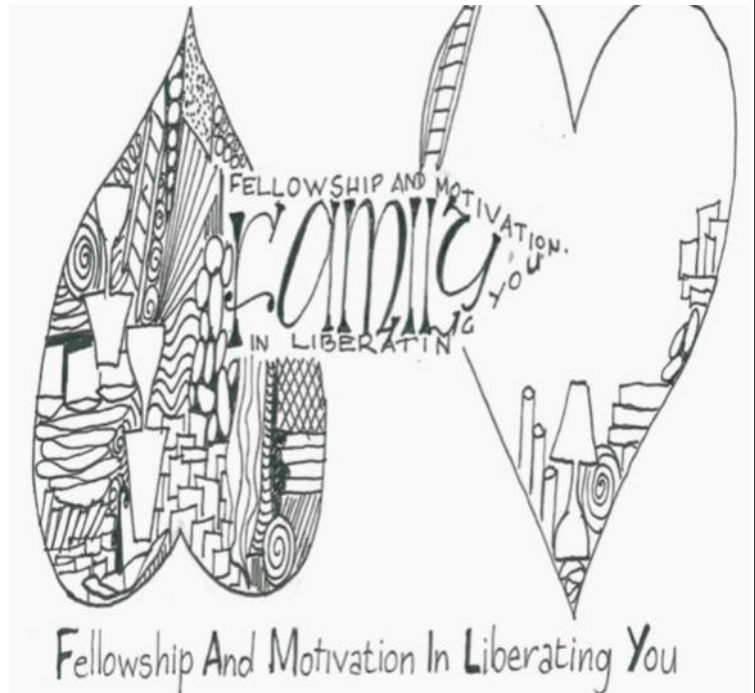
## **End Of Month BBQ**

Being Held At Lions Park on the corner  
of David Low way and  
fisherman's Rd  
(weather permitting)



# Decluttering Support Group

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



## Support Groups that meet at Community Focus

### Co-dependants Anonymous (CoDA)

A 12-step program for those who wish to develop healthy relationships. Meetings are held Mondays, 6pm, at the coffee shop, Corner Ann-Maree Close and Broadmeadows Rd, Maroochydore. For more information visit [www.codependentsanonymous.org.au](http://www.codependentsanonymous.org.au)

### Grow [www.grow.org.au](http://www.grow.org.au)

Grow is a community organisation working towards mental health through mutual help. Meets every Tuesday at 5.00pm

For more information contact Maddy 0411092653

### Family Drug Support [www.fds.org.au](http://www.fds.org.au)

Family drug support provides up to date information on all aspects of alcohol and drug use relative to the families of alcohol and other drug users.

Meets 7.00-9.00pm on the 3rd Wednesday

For more information contact Sue or Barry 0419020603

≧HAPPINESS≦  
IS LETTING GO OF WHAT  
YOU THINK YOUR LIFE IS  
SUPPOSED TO LOOK LIKE &  
CELEBRATING IT FOR  
EVERYTHING THAT IT IS.  
MANDY HALE

WWW.LIVELIFEHAPPY.COM

### Community Focus

Wishes all the April  
Babies a Very Happy  
Birthday .

Come along to our  
end of Month BBQ and  
grab your piece of  
Birthday cake





# Men's Group

## Making connections



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

<u>Date</u>	<u>Activity</u>	<u>Location</u>
3rd	Check In & discussion	Community Focus
10th	Lawn Bowls 10.30-12.00pm	Meet CFA @10.00am
17th	Maroochy Botanical Gardens	Meet CFA @ 10.00am
24th	Monthly BBQ	Meet CFA @ 10.00am

### Men's Group Caloundra: Caloundra Lapidary Club—9 Caloundra Rd (Behind Information centre)

Every Thursday 10;30-12.00pm

<u>Date</u>	<u>Activity</u>	<u>Location</u>
4th	Check In & discussion	Caloundra Lapidary Club
11 th	Check In & discussion	Caloundra Lapidary Club
18 th	Check In & discussion	Caloundra Lapidary Club
25th	Check in & discussion	Caloundra Lapidary Club

**Come along to a check-in and discussion  
every Thursday at Caloundra**

**Making  
connections aims  
to bring us  
together in the  
community so we  
can:**

**Support and learn from  
each others experience**

**Support and guide each  
other in future**

**Endeavors.**

**Bridge the gap between  
older and younger  
Generations.**

**Look what community  
resources are available  
to us in order to reach  
our goals.**

**OR simply have a  
coffee**



# 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: Tuesday 10:30– 12.00pm**

*Caloundra Lapidary Club*

*9 Caloundra Rd*

*(Behind Information Centre)*

**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**



## Free Shuttle Service

Running from Maroochydore Bus Station to Community Focus.

**Where:** Pick up at Hungry Jack's Car Park

**When:** Tuesdays @ 9.30am and Thursdays @ 9.30am

The service will pick up in the morning and drop back at 2.45pm

Please call the office on 5479 3110 if you would like to use this service.



# NOOSA GROUP

The Noosa group operates fortnightly. 11am  
to 12.30pm

**FRIDAY April 6th-** The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm

**FRIDAY April 20th—** The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm  
*Topic unhelpful thinking styles*



Please call the office on  
Ph:5479 3110  
if you would more information about this group.

## Dual Diagnosis

**Addiction + Mental Health**



Dual Diagnosis is a group which seeks to support and inform individuals who are experiencing mental health and addiction challenges.

**Dual Diagnosis Groups are held:**

**Nambour—** Graceville 5 Sydney Street Nambour

**Time—** Wednesday, 1.00pm - 2:30pm

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

**Time -** Friday, 11:00am - 12:30pm

For more information call 5479 3110



**Wednesday At  
Community Focus**

**12.30-1.15 PM**

# Creative Expressions Every Tuesday

12.15pm-1.15pm

Activities for March are:

Tuesday 3rd April Singalong

Tuesday 10th April Bocce

Tuesday 17th April Wind chime Making

Tuesday 24th April Pictionary

Come and try something new!



## **WRAP SUPPORT GROUP** Wellness Recovery Action Planning

This is an opportunity for people who have completed the WRAP training to come together and share their experiences and how the tools that they have developed in WRAP have worked for them.



**Venue:** Community Focus  
2/3 Ann Maree Close  
**When:** Every Wednesday  
**Time:** 1.30-2.30pm

Please phone 54793110 for further information, no booking necessary.



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



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