

# DISCOVERY

## August 2018

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AUGUST CALENDAR

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At Community Focus

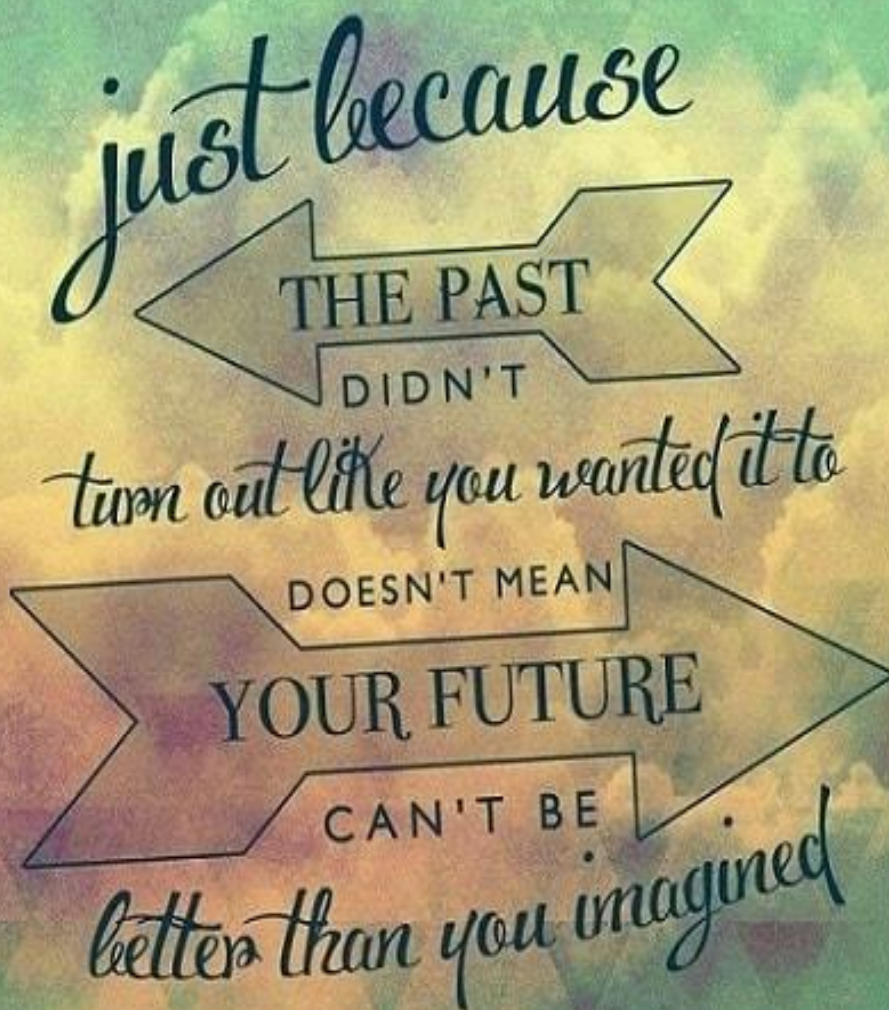
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**Community Focus PH: 5479 3110**

3/2 Ann-Maree Close  
Maroochydore 4558

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



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

# What's on August

## Monday

### Maroochydore

**Coffee Lounge not Open**  
**Seniors Unleashed social group**

*Group will run on Monday  
6th August*

### ***Buderim– Palmwoods Heritage Tramway***

*Guided Walk will start on the  
corner of Mons Rd and Telco Rd  
Buderim*

*Car parking is available directly  
left upon entering Telco Rd*

**10 am– 12.30pm**  
**Meet at community Focus**  
**9.30 am if need transport**

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### Nambour

**Hearing Voices**  
**1pm –2pm**

*Graceville Centre 5 Sydney St  
Nambour*

### ***Groups Starting In September***

#### **Thinking Out Loud**

Wednesday  
5th September 1.30pm-2.30pm

**Music Jam**  
TBA

## Tuesday

### Maroochydore

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

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

**De-Clutter Support Group**  
12.15-1-45pm

**Hearing Voices Group** 2pm– 3.00 pm

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### Caloundra

**Women's Group** 10.30am-12 pm  
*Caloundra Lapidary Club*  
*9 Caloundra Rd*  
*(Behind Information Centre)*

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## Wednesday

### Maroochydore

**Yoga** 12.30pm-1.15 pm

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### Nambour

**Dual Diagnosis**  
**1pm -2.30 pm**  
*Graceville Centre 5 Sydney st*  
*Nambour*

# What's on August

## Thursday Maroochydore

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

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

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

**End of Month BBQ**  
August 30th 1.30-2.30pm  
*Last Thursday of the month*  
*Community Focus*

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## Caloundra

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

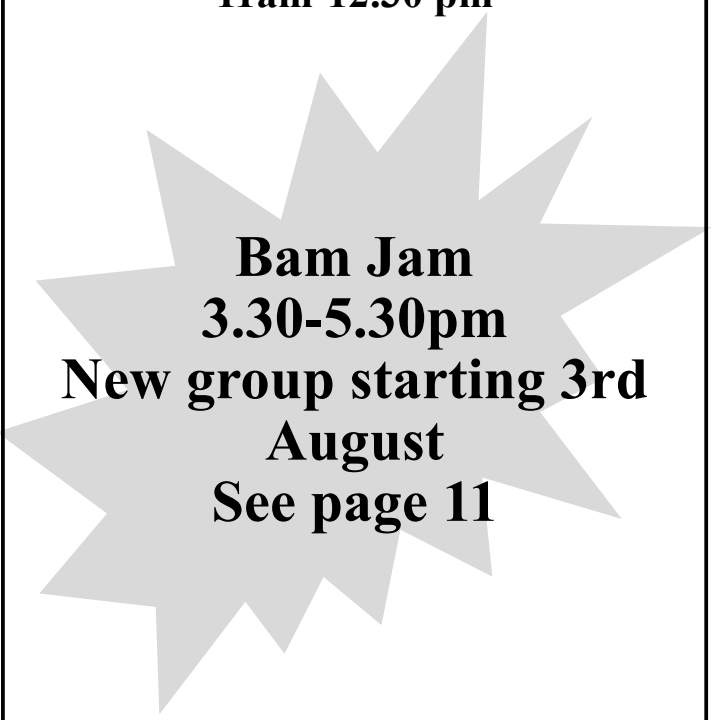
**Hearing Voices Group 12.30pm-2.30pm**

*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



**Bam Jam**  
3.30-5.30pm  
**New group starting 3rd**  
**August**  
**See page 11**

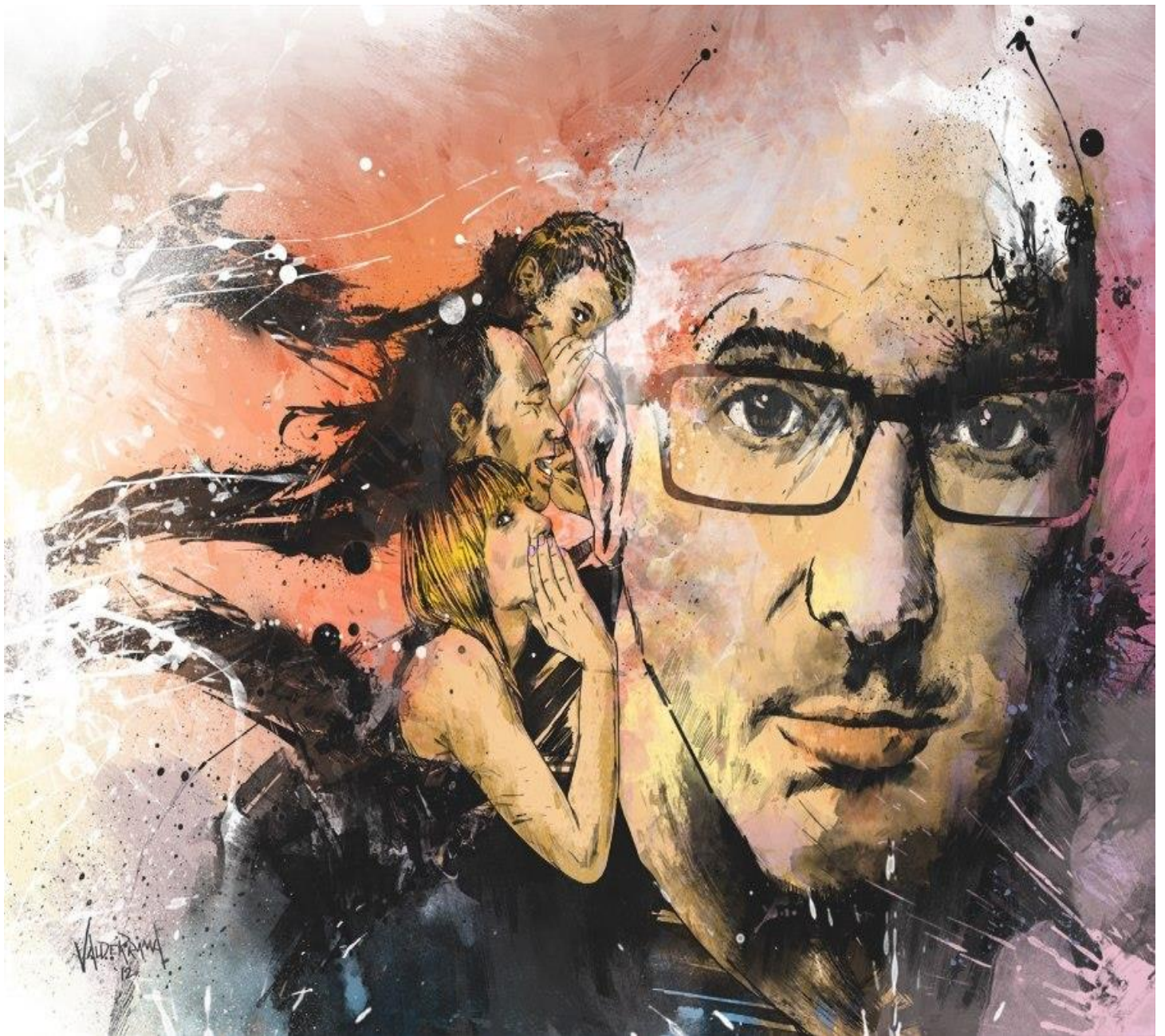
## Noosa

**Noosa Group**  
*Runs fortnightly*  
11am-12.30pm

*August 10th - Discussions at the J*

*August 24th- Discussions at the J*





## 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

**WHERE: Maroochydore-Community Focus, 3/2 Ann-Maree Close, Tuesday 2pm-3pm  
Caloundra—lapidary club 9 Caloundra Rd ,Thursday 12.30pm-2 pm**

For information phone Community Focus on **5479-3110**

## 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?

**Tuesday Time -12pm-2:00pm**

**Thursday Time - 10 am-2.00pm**



## LOCATION – MAROOCHYDORE

FOR MORE INFORMATION CONTACT

Community Focus

54793110



## Seniors Unleashed

**For individuals over 55**

**Social Group**

Individuals who have a desire for change and interest in pursuing an active and engaging life.

**WHEN:** Monday August 6th

**WHERE:** Community Focus

**TIME:** 10.00-12.30pm

**ACTIVITY:** Guided walk through Buderim-Palmwoods Heritage Tramway

"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 Depression**





# *My Health for Life*

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***My Health for Life*** is a free program available to participants who want to improve their health and reduce the risk of developing chronic illness that can reduce your quality of life.

*Take the first step to good health and contact us today for a free health check*

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The *My health for life* program recognises that everyone is different and that joining a gym, or having a special “diet” does not work for everyone.

We also understand that attempting change alone can be quite daunting, having support can promote workable change and is a major factor in staying healthy.

We focus on supporting you to develop skills to help get you going, rather than just giving you information about what you should be doing better. Our communication is two-way, we work with you as a partner to set goals that contribute to a healthy lifestyle

Start a Healthy Relationship with yourself, to see if you are eligible to join the program

**Assessments starting now, with group session starting**

**September 12<sup>th</sup>**

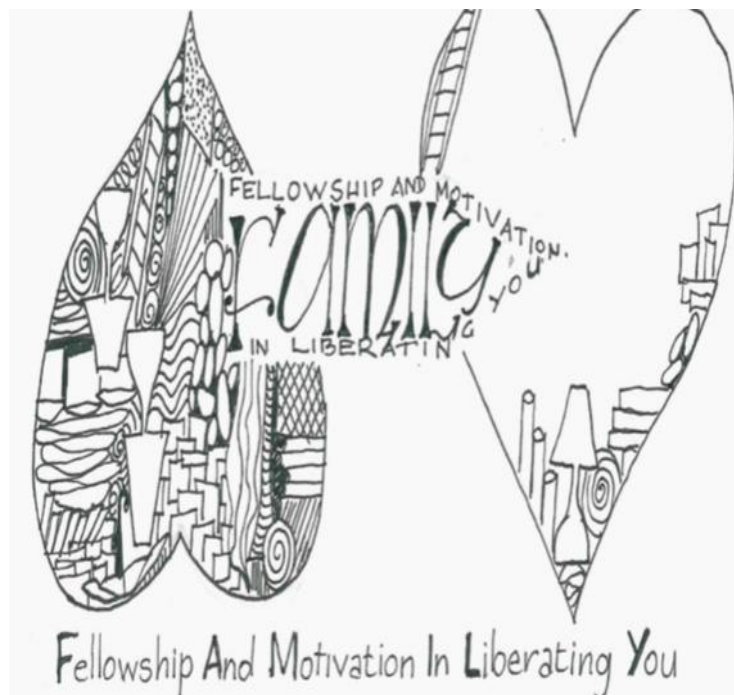
**Wednesday 10pm -12pm**

***Call- Holly for Assessment on 0413 126 535***

# **Decluttering Support Group**

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

**Every  
Tuesday  
12.15-1.45pm**



## **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

**Community Focus**  
**Wishes all the August  
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>
7th	Check In & discussion	Community Focus
14th	Ten pin Bowling 10.30-12.00pm	Meet CFA @10.00am
21st	Point Cartwright Walk About	Meet CFA @ 10.00am
28th	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>
2nd	Check in and discussion	Caloundra Lapidary Club
9th	Check In and discussion	Caloundra Lapidary Club
16th	Check In & discussion	Caloundra Lapidary Club
23rd	Check In and discussion	Caloundra Lapidary Club
30th	Check in and 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 day Catch Up**

La Promenade café Cnr of Tay st and the Esplanade  
Bulcock Beach

**Maroochydore: Thursdays  
12:15 - 1:15pm**

Community Focus  
3/2 Ann-Maree Close  
Maroochydore



POD CAST & TED Talks

## Topics of Interest:

Emotional Intelligence  
Spirituality  
Exploring Solutions  
Perceptions  
Self and Others

Opportunities for short discussion after topics around Pod Casts and TED Talks

### When:

Date: Wednesday 5<sup>th</sup> September 2018  
Time: 1:30 to 2:30 pm

### Where:

Community Focus  
3/2 Ann Maree Close  
Maroochydore 4558

NEW GROUP  
STARTING IN  
SEPTEMBER

# NOOSA GROUP

The Noosa group operates fortnightly. 11am to 12.30pm

**FRIDAY August 10th-** The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm

**FRIDAY August 24th** –The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm

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



## 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**

**No Yoga on August The 1st**



**BAM JAM**  
**JOIN US AT COMMUNITY FOCUS FOR A JAM**  
**EACH FRIDAY 3.30PM - 5.30PM**  
**BYO INSTRUMENTS**

### **End Of Month BBQ**

Being Held At Lions Park on the corner  
of David Low way and fisherman's Rd  
(weather permitting) 1.30-2.30pm



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:**  
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