

DISCOVERY

February 2018

Discover What's inside

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HOW TO PREVENT AN ANXIETY ATTACK

- Breathe deeply in through your nose and out through your mouth
- Slowly look around you and find...
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell (or 2 smells you like)
- 1 emotion you feel

This is called GROUNDING - it can help when you feel like you've gone too far in your head and lost all control of your surroundings.

Please share this, it could really help someone in need!



Community Focus PH: 5479 3110

3/2 Ann-Maree Close
Maroochydore 4558

info@communityfocus.org.au



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

Whats on February

Monday Maroochydore

Coffee Lounge not Open

Seniors Unleashed Support group

*1st Monday of the month
February 5th*

10 am– 12.30pm

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
(Starting February 13th)
2.00pm– 3.30 pm**

**WRAP Support Group
3.00-4.00 pm**

Wednesday Maroochydore

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

**Yoga
12.30pm-1.15 pm**

Caloundra

Men's Group 10.30am– 12 pm

Women's Group 10.30am-12 pm

Hearing Voices 12.30pm-2 pm

*Meeting At Caloundra Library
8 Omarah Ave Caloundra*

Nambour

**Hearing Voices
11 am-12pm**

**Dual Diagnosis
1pm -2.30 pm**

*Both Groups
Graceville Centre 5 Sydney st
Nambour*

Whats on February

Thursday Maroochydore

Coffee Lounge Open
10 am-2.30 pm

Tales of Discovery
10 am-11.45 am
(Topic—Wellness tools)

Women's Group
12.15pm-1.15pm
(Topic— Procrastination)

Workshops
1.30 pm-3.30pm
WRAP-closed group

End of Month BBQ
22nd February

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

Friday Maroochydore

Dual Diagnosis
Mental Health and addiction
11am-12.30 pm

Dual Diagnosis Support Group
Double trouble in Recovery
1pm—2pm

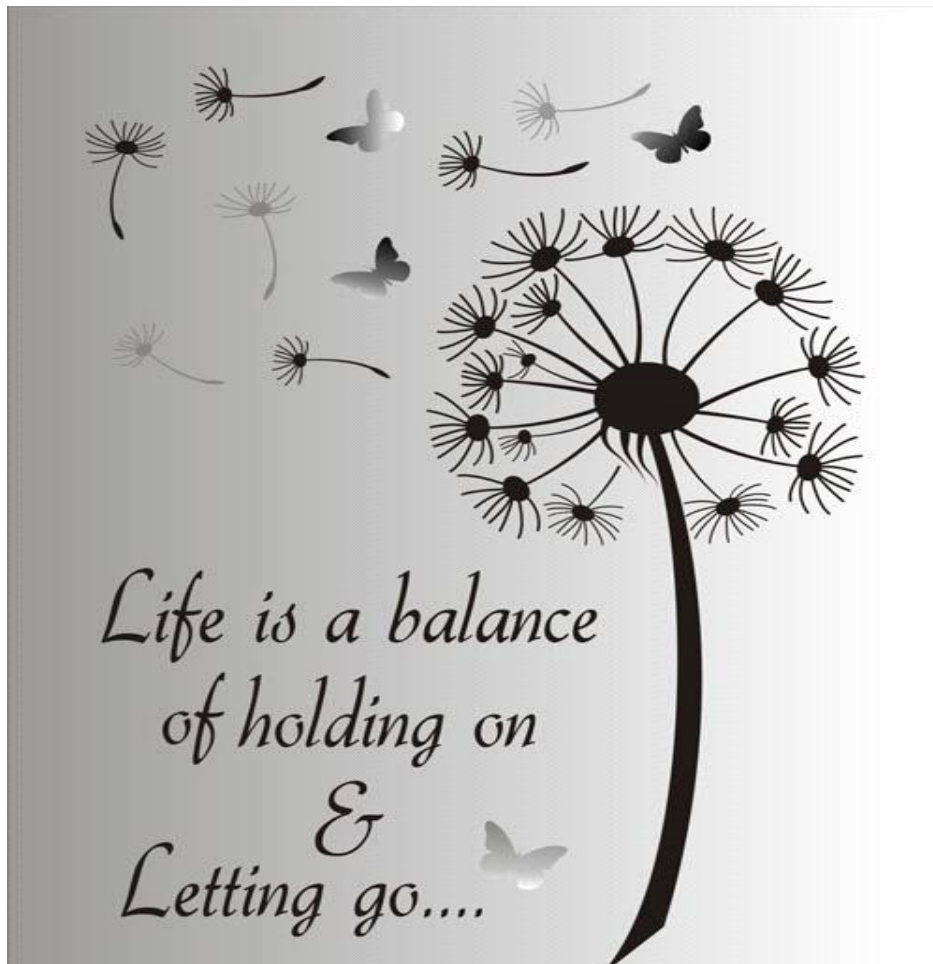
Noosa

Noosa Group
Runs fortnightly

11am-12.30pm
*February 9th— Ten pin Bowling
February 23rd —Discussions at the J
(See page 10)*

Monthly Billboard

- ♦ NDIS Information Sessions for consumers and carers to commence in March
- ♦ Expression of interest for the Narrative Story Group-starting soon
- ♦ Hearing Voices Group in Maroochydore starting in February
- ♦ Certificate IV in Mental Health Peer Work to commence in March 2018



8 WEEKS EVERY MONDAY 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?

Chime
16 Arundel Ave
Nambour

WHEN?

Monday 19th
February To
Monday 9th April

TIME?

1.30pm – 3.00pm

**For more information
Contact**

**COMMUNITY FOCUS
ASSOCIATION**

PH. 5479 3110

3/2 Anne – Maree Close
Maroochydore 4558

info@communityfocus.org.au

Cert IV in Mental Health Peer Work

A peer is a person who has had similar experiences to another person or group of people, such as a lived experience of mental health challenges, or a family member or support person of someone who has a mental illness. i.e. someone who knows the significant impact this experience can have on your life.

FNQ Peer Workforce Framework 2016

This training is offered to individuals with a lived experience to use that knowledge to provide positive support to others.

We are currently taking expressions of interest for the Cert IV in Mental Health Peer work to commence in March 2018.

If you are interested please contact the office on 5479 3110

Seniors Unleashed

Social Support Group

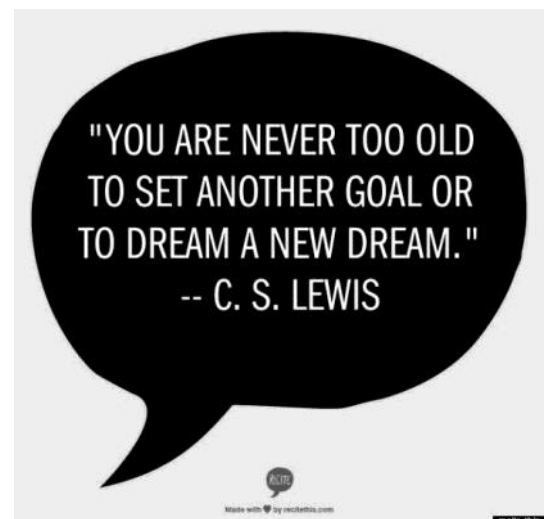
for individuals over **55** who have a desire for change and interest in pursuing an active and engaging life.

WHEN: Monday February 5th

WHERE: Community Focus

TIME: 10.00-12.30pm

ACTIVITY: Tai Chi With Angela



Maroochydore Tales of Discovery

Thursdays

10.00am-11.45am

This months topic is “Wellness Tools”



**FAMILY DRUG
SUPPORT DAY**
24 FEB

let's talk

**SUPPORT THE FAMILY
IMPROVE THE OUTCOME**



Please join us in

supporting families at the 2018

International Family Drug Support Day

Date: Wednesday 22 February 2018

Time: 12noon-2pm

Venue: Community Focus 3/2 Ann-Maree Close Maroochydore

Keynote address by
Tony Trimmingham OAM
CEO and Founder of
Family Drug Support

Speakers include:
Parliamentary representatives
Family members
Other key speakers

*Any family anywhere in
Australia, regardless of
background, economic and
other circumstances, can be
affected by drugs*

Registration by 17th February is essential.
For more details see internationalfdsday.fds.org.au

**Register
Now**



**Queensland
Government**



**Queensland
Mental Health
Commission**



Health



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

Grow 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

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

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 @
Lions Park
on the corner of
David Low Way and
Fisherman's Road
Weather permitting
(Call Community focus
to confirm)**

Community Focus

**Wishes all the February
Babies a 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>
6th	Check In & discussion	Community Focus
13th	Lawn Bowls 10.30-12.00pm	Meet CFA @10.00am
20th	Maroochy Botanical Gardens	Meet CFA @ 10.30 am
27th	Monthly BBQ	Meet CFA @ 10.00am

Men's Group Caloundra: Caloundra Library & Omrah Ave Caloundra

Every Wednesday 10;30-12.00pm

<u>Date</u>	<u>Activity</u>	<u>Location</u>
7th	Check In & discussion	Caloundra Library
14th	Check In & discussion	Caloundra Library
21st	Check In & discussion	Caloundra Library
28th	Check in & discussion	Caloundra Library

**Come along to a check-in and discussion
every Wednesday 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: Wednesday 10:30– 12.00pm

Caloundra Library
8 Omrah Ave 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



Tales from Discovery

We are seeking expressions of interests from anyone that has an interest in exploring and developing a narrative picture of their positive experience of mental health challenges.

Please contact the office on 5479 3110 or speak with one of our workers for more information.



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 February 9th - Ten pin Bowling
7/11 Bartlett St Noosaville



FRIDAY February 23rd— The J @ Noosa Heads
60 Noosa Dr The Deck Room 11am –12.30pm

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 February are

Tuesday 6th February: Singalong

Tuesday 13th February: Pictionary

Tuesday 20th February: Japanese Hanging Gardens

Come and try something new!



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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Community Focus Association

Return to:
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MAROOCHYDORE QLD 4558