

DISCOVERY

January 2018



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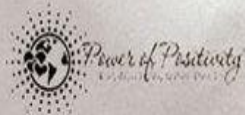
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This January, why not start the year with an empty jar and fill it with notes about good things that happen. Then, on New Years Eve, empty it and see what awesome stuff happened that year.



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>

Community Focus Calendar - January 2nd to 12th 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>MAROOCHYDORE</u></p> <p><u>Seniors Unleashed Group</u> 1st Monday Every Month 10am to 12:30pm</p>	<p><u>MAROOCHYDORE</u></p> <p><u>Coffee Lounge Open</u> 10:00am to 2:30pm</p> <p><u>Men's Group</u> 10:30am to 11:30am</p> <p><u>Drumming Workshop</u> 11.45am to 12.45pm</p> <p><u>WRAP Support Group</u> 1:00pm to 2:30pm</p>	<p><u>MAROOCHYDORE</u></p> <p><u>Declutter Support Group</u> 10am to 11:30am</p> <p><u>Yoga</u> 12:30pm to 1:15pm (coffee shop not open)</p> <p><u>CALOUNDRA</u> Caloundra Community Centre 58 Queens Street Caloundra</p> <p><u>Woman's Group</u> Topic:- Self Esteem 10:30am to 12:00pm</p> <p><u>Men's Group</u> 10:30 to 12:00pm Caloundra Community Centre 58 Queen Street Caloundra</p> <p><u>Hearing Voices</u> 12:30 to 3:00pm</p> <p><u>NAMBOUR</u></p> <p><u>Hearing Voices Group</u> Graceville Centre 5 Sydney Street Nambour 11am – 12noon</p> <p><u>Dual Diagnosis</u> Graceville Centre 5 Sydney Street Nambour 1pm – 2:30pm</p>	<p><u>MAROOCHYDORE</u></p> <p><u>Coffee Lounge Open</u> 10:00am to 2:30pm</p> <p><u>Tales of Discovery</u> 10:30am to 11:45am</p> <p><u>Woman's Group</u> Topic – Procrastination 12:15pm to 1:15pm</p> <p><u>Creative Expressions</u> 1:30pm to 2:30pm</p>	<p><u>MAROOCHYDORE</u></p> <p><u>Dual Diagnosis</u> Mental Health and Addiction 11:00am to 12:30pm</p> <p><u>Dual Diagnosis Support Group</u> Double Trouble in Recovery 1:00pm to 2:00pm</p> <p><u>NOOSA</u></p> <p>12th January</p> <p><u>Tales of Discovery</u> Planning for 2018 activities and topics</p> <p>The J @ Noosa Heads The Deck Room 60 Noosa Drive</p> <p>11:00am to 12:30pm ALL WELCOME</p>

There will changes to the programs commencing on Monday 15th January so please check the calendars on this page for any changes to groups you may attend. There maybe some disruption in January as we make improvements to the centre to make the space more friendly and allow us to provide more groups. Thanks for your patience :)

Community Focus Calendar - January 15th to January 31st 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>MAROOCHYDORE</u></p> <p><u>Seniors Unleashed Group</u> 1st Monday Every Month 10am to 12:30pm</p> <p><u>WRAP Support</u> 2:00pm to 3:30pm</p>	<p><u>MAROOCHYDORE</u></p> <p><u>Coffee Lounge Open</u> 10:00am to 2:30pm</p> <p><u>External Group Booking</u> 10:30am to 12pm</p> <p><u>Creative Expressions</u> 12.15pm to 1.15pm</p> <p><u>Men's Group</u> 16th and 30th January 1:30pm to 2:30pm</p> <p><u>Men's Group</u> 23rd January - Lawn Bowls 10:30-11:30 Meet at Community Focus at 10am.</p>	<p><u>MAROOCHYDORE</u></p> <p><u>Declutter Support Group</u> 10am to 11:30am</p> <p><u>Yoga</u> 12:15pm to 1:15pm (coffee shop not open)</p> <p><u>CALOUNDRA</u> Caloundra Community Centre 58 Queens Street Caloundra</p> <p><u>Woman's Group</u> Topic:- Self Esteem 10:30am to 12:00pm</p> <p><u>Men's Group</u> 10:30 to 12:00pm Caloundra Community Centre 58 Queen Street Caloundra</p> <p><u>Hearing Voices</u> 12:30 to 3:00pm</p> <p><u>NAMBOUR</u></p> <p><u>Hearing Voices Group</u> Graceville Centre 5 Sydney Street Nambour 11am – 12noon</p> <p><u>Dual Diagnosis</u> Nambour Community Centre Shearer Street Nambour 1pm – 2:30pm</p>	<p><u>MAROOCHYDORE</u></p> <p><u>Coffee Lounge Open</u> 10:00am to 2:30pm</p> <p><u>Tales of Discovery</u> Topic - Wellness Tools 10am to 11:45am</p> <p><u>Woman's Group</u> Topic – Procrastination 12:15pm to 1:15pm</p> <p><u>Work Shops</u> Starting February 2018 1:30PM to 3:30pm More Information to come</p> <p><u>END OF MONTH BBQ</u> 25th January 2018 Lions Park on the corner of David Low Way and Fisherman's Road (Weather Permitting)</p>	<p><u>MAROOCHYDORE</u></p> <p><u>Dual Diagnosis</u> Mental Health and Addiction 11:00am to 12:30pm</p> <p><u>Dual Diagnosis Support Group</u> Double Trouble in Recovery 1:00pm to 2:00pm</p> <p>There will be no groups on Australia Day 26th January</p> <p><u>NOOSA</u></p> <p>There will be no group on Friday 26th January due to Australia Day</p>



Community Focus will not be holding any groups on Friday the 26th January due to the Australia Day Public Holiday

Kindness Calendar

4 Give money for each bed in your house to a homeless charity

5 Count how many people you smile at today

6 Do something helpful for a friend or family member

7 Pick up litter or leaves in your local neighbourhood

1 Encourage others to practice kindness: share this calendar

2 Make some homemade gifts to give away this Festive Season

3 Leave a happy note for someone else to find

11 Do an act of kindness to help an older person

12 Offer hugs to your loved ones and friends

13 Give a compliment to as many people as possible today

14 Leave some money (with a happy note) for someone

15 Pay it forward: pay for a stranger's hot drink in a cafe

16 Make a card or decoration for someone special

17 Take some supplies to a local animal shelter

18 Try out the art of positive gossiping!

19 Cook an extra meal and surprise someone with it

20 Thank people who do things for you but you may take for granted

21 Offer to take a friend's dog out for a nice walk

22 Give someone your place in a queue (in a shop or in traffic)

23 Call a relative who is far away to say hello and have a chat

24 Give money to a good cause for every present you wrap

25 Find ways to be kind to yourself today!

26 Turn off digital devices and really listen to people

27 Get outside into nature and feed the birds today

28 Forgive someone and look for their good points

29 Do a good deed to bring a smile to someone's day

30 Be kind to you: Take a walk and focus on nature's beauty

31 Plan what extra acts of kindness you will do in 2018...

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 2018.

If you are interested please contact the office on 5479 3110

Seniors Unleashed

Social Support Group

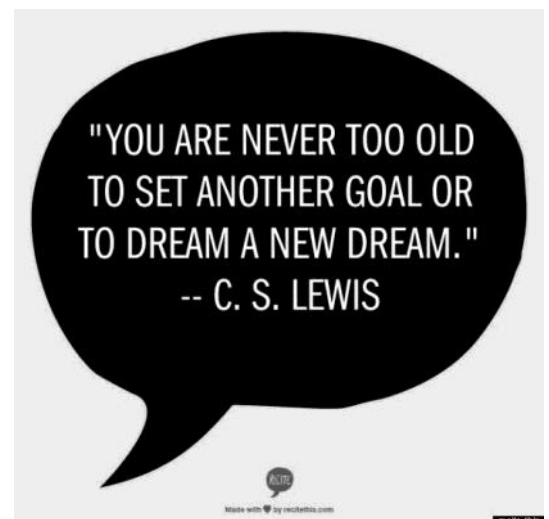
for individuals over **55** who have a desire for change and interest in pursuing an active and engaging life.

WHEN: Monday January 8th

WHERE: Community Focus

TIME: 10.00-12.30pm

ACTIVITY: Future Planning



Maroochydore Tales of Discovery

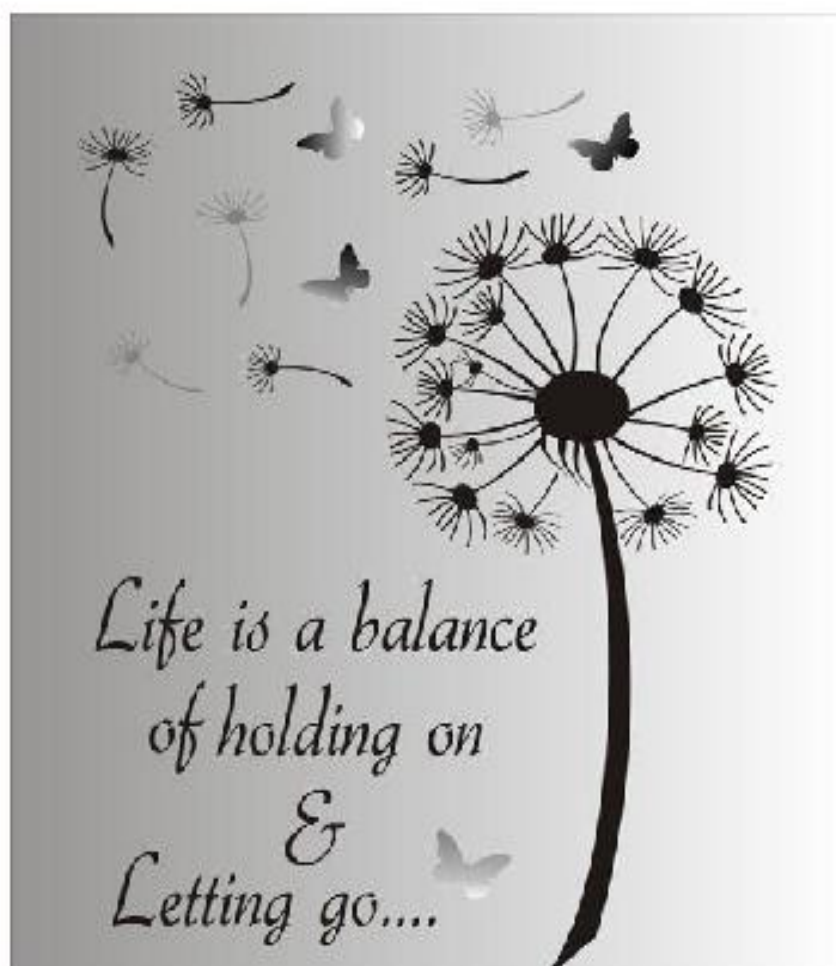
Thursdays 10.30 am-11.45 am Jan 4th/11th

From Thursday 18th January the group time will change to

10.00am-11.45am

This months topic is “Wellness Tools”





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?

Chime
6 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

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 January
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 1.30-2.30pm**

<u>Date</u>	<u>Activity</u>	<u>Location</u>
2nd	Check In & discussion	Community Focus
9th	Check In & discussion	Community Focus
16th	Buderim Waterfalls Walk	Meet CFA @ 1.00pm
23rd	Lawn Bowls 10.30-12.00pm	Meet CFA @ 10.00am
30th	BBQ at the park	Meet CFA @ 1.00pm

**Men's Group Caloundra:
Caloundra Community Centre 58 Queens St
Caloundra
Every Wednesday 10;30-12.00pm**

**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 endeav-
or**

**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 Community Centre
58 Queens St 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 of Resilience

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.



FRIDAY January 12th

11.00am-12.30pm

Where: The J @ Noosa Heads

60 Noosa Dr The Deck
Room



**Planning day-come with you ideas for
2018-topics and activities**

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— Sydney st Nambour

Time— Wednesday, 1.00pm - 2:30pm

From the 17th January
the Nambour group will
meet at Nambour
Community Centre
2 Shearer St Nambour

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 has moved to tuesdays 12.15pm-1.15pm

Activities for January are

Tuesday 9th January: Singalong

Tuesday 16th January: Pictionary

Tuesday 23rd January: Japanese Hanging Gardens

Tuesday 30th January: Drumming Circle

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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