

# DISCOVERY

## JULY 2018

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Inside For June**

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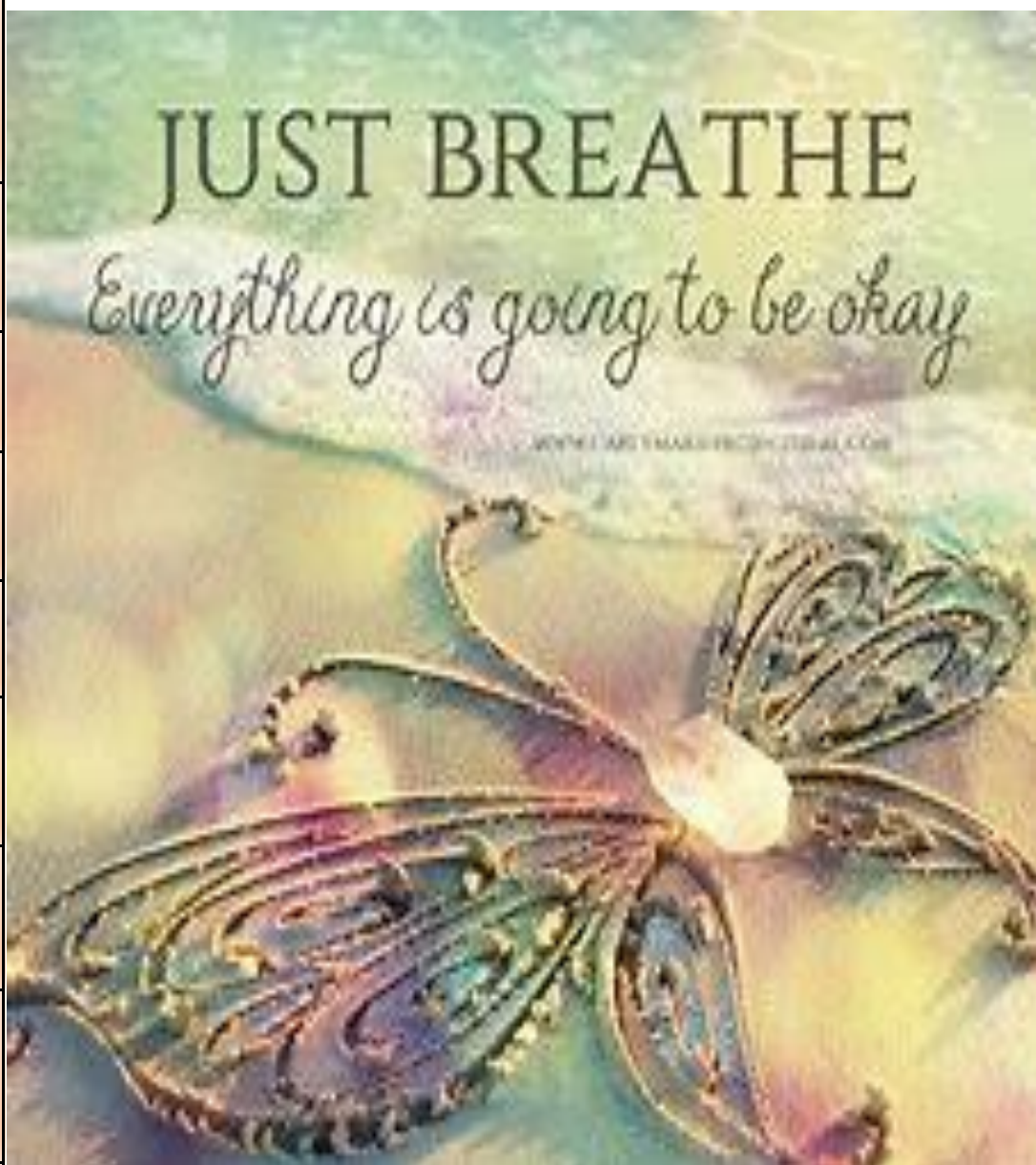
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**Community Focus PH: 5479 3110**

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

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# What's on July

## Monday

### Maroochydore

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

*Group will run on Monday*

*2nd of July*

**10 am– 12.30pm**

**Mindfulness**

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### Nambour

**Hearing Voices**

**1pm –2pm**

*Graceville Centre 5 Sydney St*  
*Nambour*

### Quote of the month

I was often told that I wasn't a thing.

'She's not pretty enough.

She's not tall enough.

She's not thin enough.

She's not fat enough.

' I thought, 'O.K., someday you're going to be looking for someone not, not, not, not, and there I'll be.

' Frances McDormand

## Tuesday

### Maroochydore

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

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

**Workshops TBA-** 12.00 pm-1.30 pm

**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

**Declutter support Group**

**10 am-11.30 am**

**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 July

## Thursday Maroochydore

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

**Tales of Discovery**  
10 am-11.45 am  
*Topic –Self care*

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

**Workshops**  
1.30 pm-3.30pm  
**Decluttering workshop**  
(Closed Group)

**Creative Expressions**  
**From the 17th July**  
Sing songs and Dance

**End of Month BBQ**  
July 26th 1.30-2.30pm  
*Last Thursday of the month*  
*Community Focus*

## 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**  
*July– 13th Discussions at the J*  
*Coping with Stress*

*July–27th Ten pin bowling*  
7/11 Bartlett Road, Noosaville







## 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:** Community Focus, 3/2 Ann-Maree Close, Maroochydore Ph: 5479-3110

**WHEN:** Tuesday 2pm –3pm

## 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 July

**WHERE:** Community Focus

**TIME:** 10.00-12.30pm

**ACTIVITY:** Mindfulness

"YOU ARE NEVER TOO OLD  
TO SET ANOTHER GOAL OR  
TO DREAM A NEW DREAM."

-- C. S. LEWIS

## Maroochydore Tales of Discovery

**Thursdays**

**10.00am-11.45am**

**This months topic is Self care**





# **Bits, bobs and Barbeque day.....**

***Come ye one and all.....***

***Free stuff to pick and trawl.....***

***Clothes, plants and bric-a-brac...***

***When Thursday 26<sup>th</sup> July***

***Where Community Focus***

***Time 10.30 till 2.30***

***BBQ 1.30***

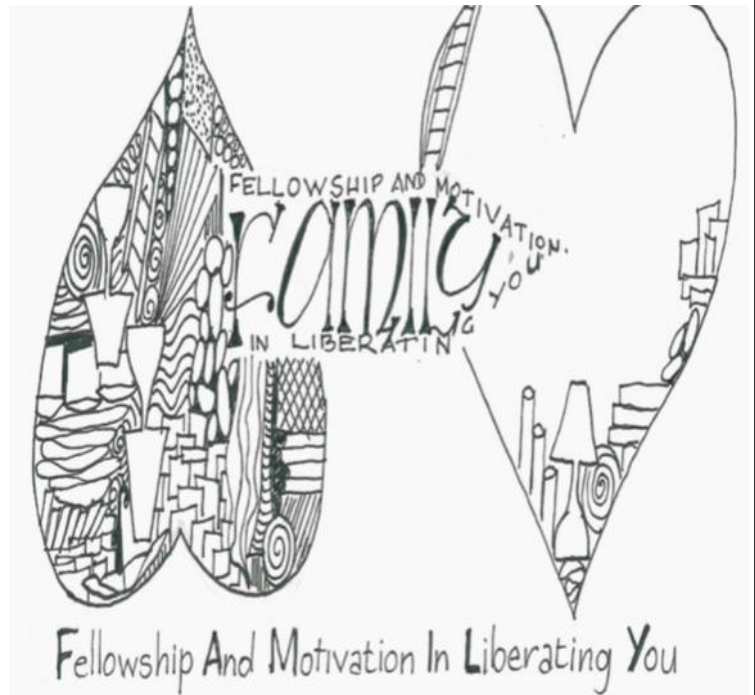


**Please note no groups this day**

# **Decluttering Support Group**

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

**Every  
Wednesday  
10 am - 11.30am**



## **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 July  
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
10 th	Lawn Bowls 10.30-12.00pm	Meet CFA @10.00am
17th	Maroochy Botanical Gardens	Meet CFA @ 10.00am
24th	Check in & Discussions	Meet CFA @ 10 .00am
31st	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>
5th	Check In and discussion	Caloundra Lapidary Club
12th	Check In & discussion	Caloundra Lapidary Club
19th	Check In and discussion	Caloundra Lapidary Club
26th	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)

Topic-Improving our self esteem and assertive communication

**Last Tuesday of each month is  
Coffee day Catch Up**

Moffat Beach Shops

Meet at Eleanor Shipley park

(Seaview Tce, Moffat Beach)



**Maroochydore: Thursdays**

**12:15 - 1:15pm**

Community Focus

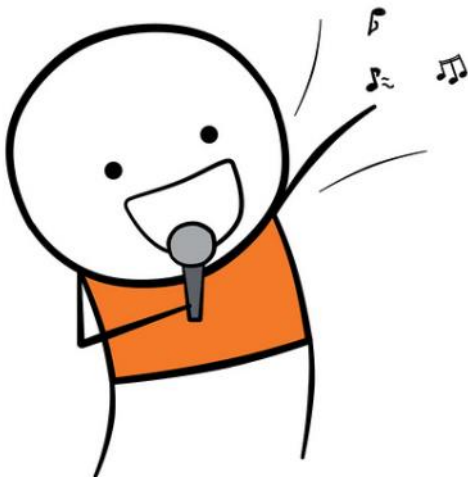
3/2 Ann-Maree Close

## Creative Expressions Every Thursday

1.30pm-

2.30pm

Song And  
Dance



# NOOSA GROUP

The Noosa group operates fortnightly. 11am to 12.30pm

**FRIDAY July 13th July-** The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm



**FRIDAY July 27th–7/11** Bartlett Road, Noosaville  
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**

# Winter warmer Recipe



## *Red lentil and coconut soup*

**This light vegetarian soup is quick and easy to make, and packed with nutritious ingredients.**

### **Ingredients**

- 100g red lentils
- 1 heaped tsp turmeric 1 tbsp coarsely grated ginger
- 2 garlic cloves, sliced
- 1L vegetable stock
- 400ml can coconut milk
- 2 leeks, well washed and sliced
- 2 handfuls baby spinach (approx. 50g)
- 2 limes, cut into wedge

### **Method:**

1. Tip the lentils into a large pan.
2. Add the turmeric, ginger and garlic.
3. Pour in the stock.
4. Cover the pan and simmer for 15 mins until the lentils have softened.
5. Pour in the coconut milk and stir in the leeks.
6. Cover and cook for 10 more minutes.
7. Add the spinach and cook just to wilt it.
8. Spoon into bowls and squeeze over the lime juice.

### **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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