

# DISCOVERY

## JUNE 2018

**Discover What's  
Inside For June**

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**JUNE CALENDAR**

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WAKE UP SMILING  
seize every moment  
TRY NEW THINGS  
BE LEGENDARY  
fearless  
BOLD  
amaze yourself  
TAKE CHANCES  
embrace change  
BE OPTIMISTIC  
now is your time

**Community Focus PH: 5479 3110**

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

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



Like

**Community Focus-Discovery Program**

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

# What's on June

## Monday

### Maroochydore

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

*Group will run on Monday*

*4th of June*

**10 am– 12.30pm**

**CPR training**

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### Nambour

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

*Graceville Centre 5 Sydney St*  
*Nambour*

### Riddle of the Month

Never resting, never still,  
Silently moving from hill to  
hill,  
I do not walk, run or trot,  
But all is cool where I am  
not.

What am I?

See Page 6 for the answer.

## Tuesday

### Maroochydore

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

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

**Creative Expressions** 12.15 pm-1 pm

**Hearing Voices Group** 2pm– 3.30 pm

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### 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

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### Nambour

**Dual Diagnosis**

**1pm -2.30 pm**

*Graceville Centre 5 Sydney st*  
*Nambour*

# What's on June

## Thursday Maroochydore

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

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

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

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

**End of Month BBQ**  
June 29th 1.30-2.30pm  
*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**  
*June 1st– Discussions at the J*  
*Coping with Stress*

**June 15th** –BBQ Day-Picnic in the Park  
Meeting at Lions Park on Gympie terrace  
near Noosa Yacht club and Rowing club

Everyone wants,  
**happiness.**

No one wants,  
**pain.**

But you cant have a  
**rainbow,**  
without a little  
**rain.**



#### 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

**Sunshine Coast**  
Hospital and Health Service



**Lutheran**  
Services

## 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-12 pm**



## LOCATION – MAROOCHYDORE

FOR MORE INFORMATION CONTACT  
Community Focus



## 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 June 4th

**WHERE:** Community Focus

**TIME:** 10.00-12.30pm

**ACTIVITY:** CPR Training

"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 Friendships**



*Life is a balance  
of Holding on  
& Letting go.*

## 8 WEEKS EVERY THURSDAY 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?**

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### WHERE?

**The Salvation Army  
6 Bartlet St  
Noosaville**

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### WHEN?

**Starting Thursday  
June 7th 9.30am till  
11am  
Zero cost**

**For more information  
and bookings  
Contact**

**COMMUNITY FOCUS  
ASSOCIATION**

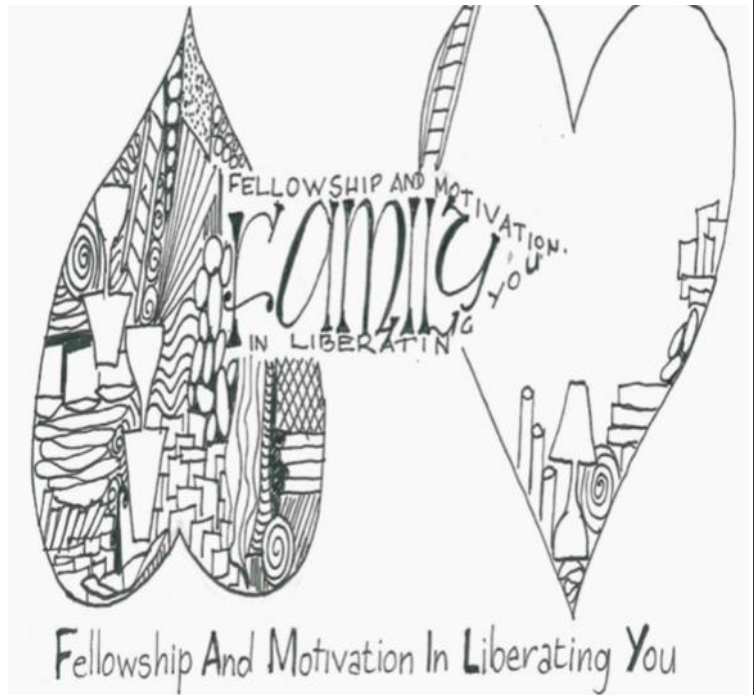
3/2 Anne – Maree Close  
Maroochydore Qld, 4558  
Ph. 5479 3110  
[info@communityfocus.org.au](mailto:info@communityfocus.org.au)

Answer to riddle on Page 2-The Sun!

# 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

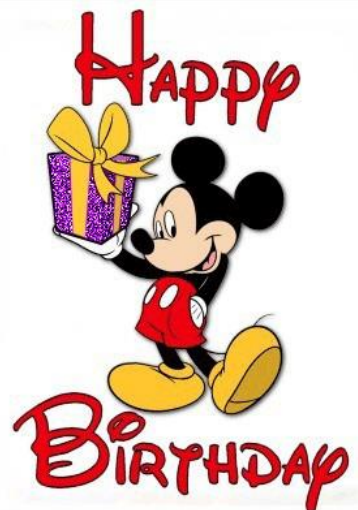
For more information contact Sue or Barry 0419020603

Shoot for the  
moon.  
Even if you miss,  
you'll land among the  
stars.

### Community Focus

Wishes all the June  
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>
5th	Check In & discussion	Community Focus
12th	Lawn Bowls 10.30-12.00pm	Meet CFA @10.00am
19th	Maroochy Botanical Gardens	Meet CFA @ 10.00am
26th	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>
7th	Check In and discussion	Caloundra Lapidary Club
14th	Check In & discussion	Caloundra Lapidary Club
21st	Check In and discussion	Caloundra Lapidary Club
28th	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**



## WHEN & WHERE

## Topic-Improving our self esteem and assertive communication

# Maroochydore



Activities for June are:

## Tuesday 26th June Pictionary

Come and try something new!



# NOOSA GROUP

The Noosa group operates fortnightly. 11am to 12.30pm

**FRIDAY June 1st-** The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm

**FRIDAY June 15th** –BBQ Day-Picnic in the Park  
Meeting at Lions Park on Gympie terrace  
near Noosa Yacht club and Rowing club

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**

# Bi Annual Mental Health Winter Forum

**Friday 6th July**

**Choice, Chance and Change**

With our partner TAFE Queensland East Coast Region for our Bi-annual Winter Forum 2018 we are exploring:

**Choice:** What informs the choices we make, do we see other possibilities, what moves us forward, or do we continuously get bogged down in our old lives.

**Chance:** Every choice can bring with it some good, some bad, some learnings and some luck, it's only a matter of taking that chance, letting go of your old life...and taking the next step

**Change:** Growth can be daunting, change can be daunting, but nothing is as daunting as staying stuck somewhere you don't belong. The secret of change is to focus all your energy not on fighting the old...but on building the new.

## Forum

We are fortunate to have consumers and carers open to sharing their story, consumers and carers who have shared a similar journey, but, recount their journey from their own personal perspective. As well as the valued contribution of guest speakers.

Community Focus are accepting expression of interest for sponsorship to attend the Mental Health Winter Forum.

Please contact us to put your name on the list for consideration on 5479 3110

[www.mentalhealthandwellbeingfusion.weebly.com](http://www.mentalhealthandwellbeingfusion.weebly.com)



## 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

Thursday 29th June

Participants  
Enjoying the  
monthly BBQ



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**  
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