



DISCOVERY

March 2018

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MARCH CALENDAR

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*When we learn how to become
resilient, we learn how to embrace
the beautifully broad spectrum of
the human experience.*

Jaeda DeWalt

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 March

Monday

Maroochydore

Coffee Lounge not Open

Seniors Unleashed social group

1st Monday of the month

March 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

2.00pm– 3.30 pm

Wednesday

Maroochydore

Declutter support Group

10 am-11.30 am

Yoga

12.30pm-1.15 pm

WRAP Support Group 1.30-2.30pm

Caloundra

Men's Group 10.30am– 12 pm

Women's Group 10.30am-12 pm

Hearing Voices 12.30pm-2 pm

Currently meeting At Caloundra

Library

8 Omarah Ave Caloundra

venue Change may occur please ring

Community Focus to confirm

Nambour

Hearing Voices

11 am-12pm

Dual Diagnosis

1pm -2.30 pm

Both Groups

Graceville Centre 5 Sydney st

Nambour

Whats on March

Thursday

Maroochydore

Coffee Lounge Open
10 am-2.30 pm

Tales of Discovery
10 am-11.45 am
(Topic—Decision making)

Women's Group
12.15pm-1.15pm
*8th March women's group will be
Attending International women's day at
Quota park Nambour*

Workshops
1.30 pm-3.30pm
WRAP-closed group

End of Month BBQ
29th March

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

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
March 9th– Discussions At the J

*March 23rd –Picnic in the park
(See page 10 for details)*

Monthly Billboard

**Community Focus will be
closed from Friday the 30th
March and Monday the 2nd
April Due to Easter long
weekend.**





My health for life

My health for life is a free lifestyle program available to eligible participants who want to improve their health and reduce their risk of developing chronic disease. Take the first step to good health and have a free health check today.

Organisation name: Community Focus Association

Date: 04/04/2018

Location: 3/2 Ann-Maree Close Maroochydore 4558

Contact details: 5479 3110 or info@communityfocus.org.au

Find out more at myhealthforlife.com.au or call **13 RISK (13 7475)**.



OUR HEALTH ALLIANCE



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,
Start Today by calling 5479 3110 for a free health check**

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?

DAY – TUESDAY
TIME – 12pm-2:00pm
LOCATION – MAROOCHYDORE



FOR MORE INFORMATION CONTACT
Community Focus
54793110

Seniors Unleashed

Social Group

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

WHEN: Monday March 5th

WHERE: EMJAYS Café

TIME: 10.00-12.30pm

ACTIVITY: Coffee catch up @ Emjays Shop 5, 10 Capital place, Birtinya,

"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 Decision making





Nambour Group

WHERE:
Graceville Centre
5 Sydney Street,
Nambour

WHEN:
Mondays 1:00pm– 2:00pm

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

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.

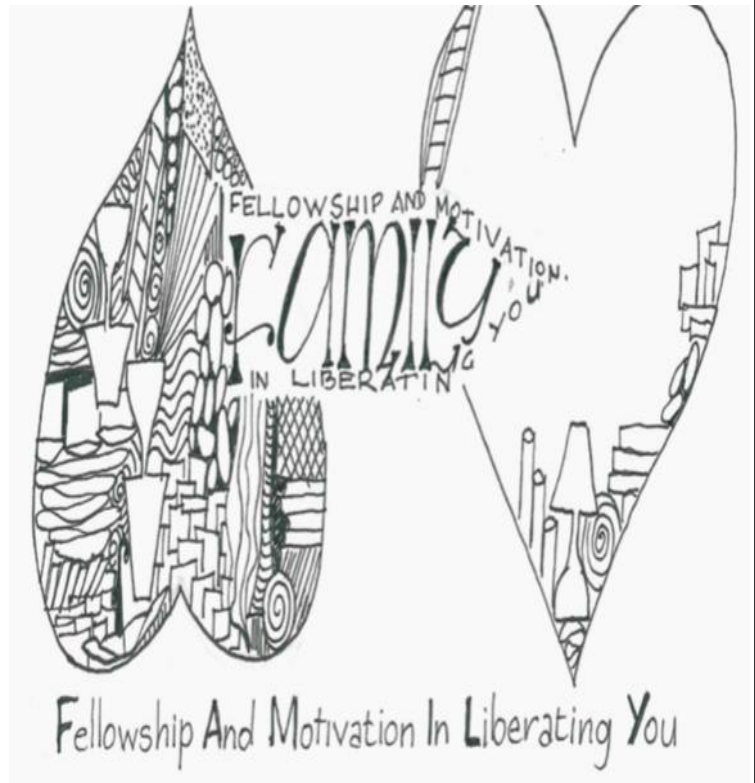
Meets 7.00-9.00pm on the 3rd Wednesday

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 March
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 @ 10.00am
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 Wednesday 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

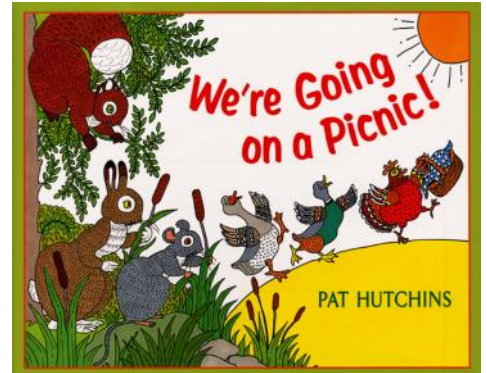
The Noosa group operates fortnightly. 11am
to 12.30pm

FRIDAY March 9th - The J @ Noosa Heads
60 Noosa Dr The Deck Room 11am –12.30pm



FRIDAY March 23rd— 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



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 March are:

Tuesday 6th March Singalong

Tuesday 13th March Pictionary

Tuesday 20th March: Japanese Hanging Gardens

Tuesday 27th March: Ping pong/ Table tennis

Come and try something new!



WRAP SUPPORT GROUP Wellness Recovery Action Planning

This is an opportunity for people who have completed the WRAP training to come together and share their experiences and how the tools that they have developed in WRAP have worked for them.



Venue: Community Focus
2/3 Ann Maree Close
When: Every Wednesday
Time: 1.30-2.30pm

Please phone 54793110 for further information, no booking necessary.



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:
Community Focus Association
PO BOX 1330
MAROOCHYDORE QLD 4558