

# DISCOVERY

## November 2018

### Discover What's Inside For November

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#### NOVEMBER CALENDAR

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Maroochydore ,Caloundra  
And Nambour  
NDIS provider

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Monthly BBQ



**Community Focus PH: 5479 3110**

3/2 Ann-Maree Close  
Maroochydore 4558

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



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Community Focus-Discovery Program

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

# What's on November

## Monday

### Maroochydore

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

*Group will run on Monday*  
*5th November*

**Community Focus**  
**10 am– 12.30pm**

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### Nambour

**Hearing Voices**  
**1pm –2pm**

*Graceville Centre 5 Sydney St*  
*Nambour*



**Christmas Party**  
**Tuesday 18th**  
**December**

**Community Focus**  
**Time : 10 am– 2pm**

*Activities on*  
*Throughout the day*

## Tuesday

### Maroochydore

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

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

**De-Clutter Support Group**  
**12.15-1-45pm**

**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)*  
**Topic: Friendship**

**Community Focus will**  
**not be holding activities**  
**for**  
**Melbourne cup day**

## Wednesday

### Maroochydore

**Yoga** 12.30pm-1.15 pm

**Thinking Out loud**  
**1.30pm-2.30pm**

# What's on November

## Thursday Maroochydore

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

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

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

**End of Month BBQ**  
October 25th  
*Thursday of the month*  
*Community Focus*

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## 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**

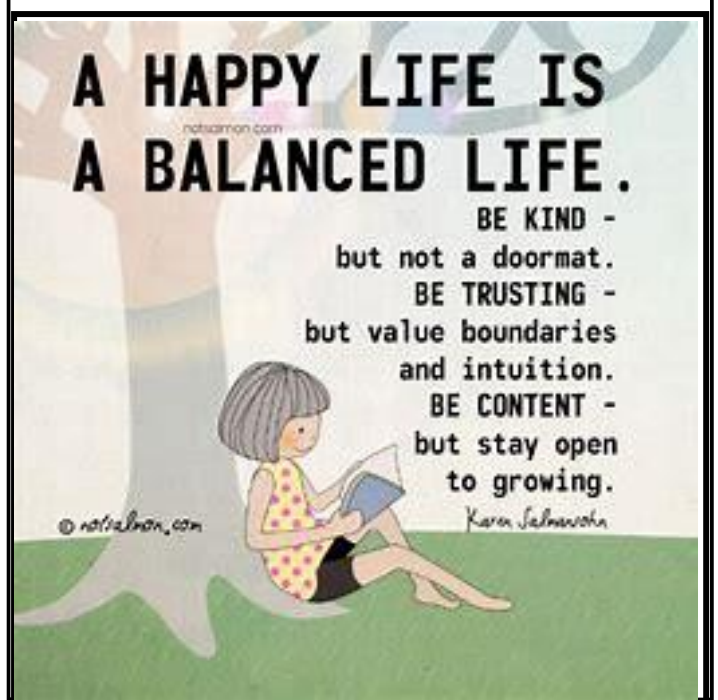
**Dual Diagnosis**  
*Mental Health and Addiction*  
11am-12.30 pm

**Bam Jam**  
*BYO Instruments*  
3.30-5.30pm

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## Noosa

**Noosa Group**  
*Runs fortnightly*  
11am-12.30pm  
*November 2nd - The J*  
*November 6th- The J*  
*November 30th—Op shopping*







## 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: Maroochydore—Community Focus, 3/2 Ann-Maree Close, Tuesday 2pm-3pm**

**Caloundra—Lapidary Club 9 Caloundra Rd, Thursday 12.30pm-2 pm**

For information phone Community Focus on **5479-3110**

**Nambour—Graceville Centre 5 Sydney St Monday 1.00-2.00pm**



**REGISTERED  
PROVIDER**

**Community Focus is a registered NDIS provider.**  
Please contact the office for details of the supports we offer.  
**Phone: 54793110**

**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**



**Social Group for individuals over 55**

Individuals who have a desire for change and interest in pursuing an active and engaging life.

**WHEN:** 1st Monday of the month

**WHERE:** Community Focus

**TIME:** 5th November 10.00-12.30pm

**ACTIVITY:** Benefits of Laughter and Laughter Exercises

**Justice of the Peace**

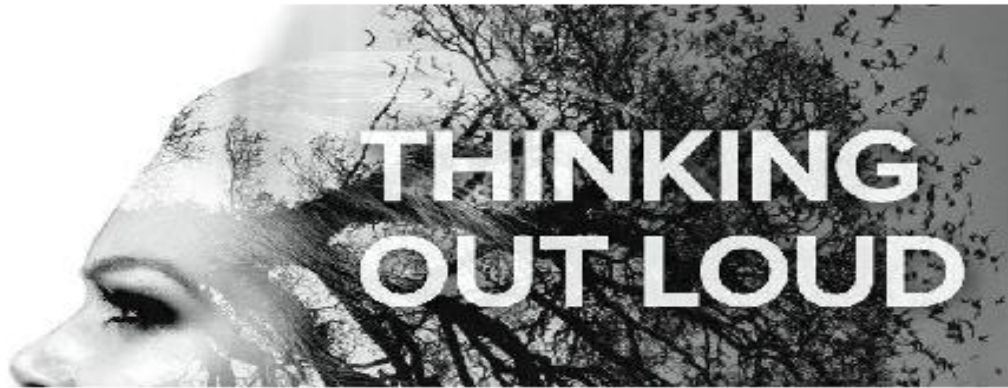
We have a volunteer that is a JP and is usually in the office on a Tuesday from 9.30-12.00pm if you need any documentation certified. Call the office for details.



# Moving to Wellness walk







Come along for meaningful conversations  
based on topics introduced through  
PODCASTs & TED Talks

Topics of Interest may include

Emotional Intelligence

Spirituality

Exploring Solutions

Perceptions

Self and Others

Opportunities for short discussion after topics

**When:**

**Date:** Every Wednesday

**Time:** 1:30 to 2:30 pm

**Where:**

Community Focus

3/2 Ann Maree Close

Maroochydore 4558

**Contact:**

**Phone:** (07) 5479 3110

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

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## Community Focus

Wishes all the November 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>
6th	Check In & discussion	Community Focus
13th	Ten pin Bowling 10.30-12.00pm	Meet CFA @10.00am
20th	Point Cartwright Walk About	Meet CFA @ 10.00am
27th	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>
1st	Check in and discussion	Caloundra Lapidary Club
8th	Check In and discussion	Caloundra Lapidary Club
15th	Check In & discussion	Caloundra Lapidary Club
22nd	Check In and discussion	Caloundra Lapidary Club
29th	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)

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

La Promenade café Cnr of Tay st and the Esplanade  
Bulcock Beach

**Maroochydore: Thursdays**

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

Community Focus  
3/2 Ann-Maree Close  
Maroochydore

Come and join us for discussions fun and laughter

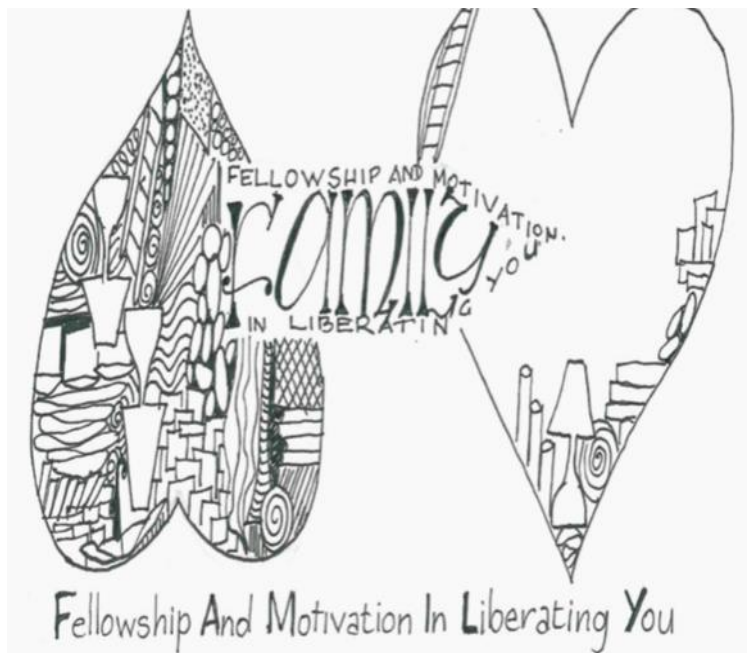


## Decluttering Support Group

*Ongoing support group  
for people who have  
shared*

*experiences within the  
“The Decluttering  
Workshops”*

*Every  
Tuesday 12.15-1.45pm*



## Tales of Discovery

Every Thursday  
10.00am-11.45pm  
TOPIC: Self-esteem



# NOOSA GROUP

The Noosa group operates fortnightly. 11am to 12.30pm

**FRIDAY 2 nd November**—The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm



**Friday 16th November** –The J @ Noosa Heads  
60 Noosa Dr The Deck Room 11am –12.30pm

**Friday 30th November**—Op shopping Meet at RSL memorial Park  
on Diyan st Tewantin

## Dual Diagnosis

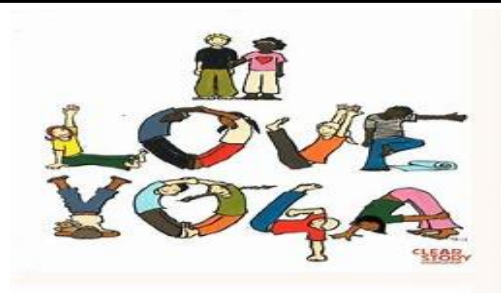
**Addiction + Mental Health**

Dual Diagnosis is a group which seeks to support and inform individuals who are experiencing mental health and addiction challenges.

**Maroochydore** — 3/2 Ann-Maree Close,  
Community Focus

**Time** - Friday, 11:00am - 12:30pm

For more information call 5479 3110



**Wednesday 12.30pm-1.15 pm**  
**Community Focus**

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Community Focus Association





**BAM JAM**  
**JOIN US AT COMMUNITY FOCUS FOR A JAM**  
**EACH FRIDAY 3.30PM - 5.30PM**  
**BYO INSTRUMENTS**



**Bam Jam + Pizza Night**  
**Friday November 16th 4pm-8pm**  
 Coffee connections Café open for Barista Coffee's,  
 cold drinks and pizza  
**Pizza and a Soft drink \$8**

**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



**Return to:**  
**Community Focus Association**  
**PO BOX 1330**  
**MAROOCHYDORE QLD 4558**