

DISCOVERY

October 2018

**Discover What's
Inside For
October**

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OCTOBER CALENDAR

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Maroochydore ,Caloundra
And Nambour
NDIS provider**

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BAMJAM GROUP
Monthly BBQ**

*Your illness
does not define you.
Your strength and
courage does.*



Community Focus PH: 5479 3110

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

info@communityfocus.org.au



Like

Community Focus-Discovery Program

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

What's on October

Monday

Maroochydore

Coffee Lounge not Open
Seniors Unleashed social group

Group will run on Monday

8th October

Meditation
Community Focus
10 am– 12.30pm

Nambour

Hearing Voices
1pm –2pm

Graceville Centre 5 Sydney St
Nambour

Women's Group Caloundra
There will be a change of
time for this group.

Starting on Tuesday 16th
October the group running
time will be
11.00am-12.30pm

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

Caloundra

Women's Group 10.30am-12 pm
Caloundra Lapidary Club
9 Caloundra Rd
(Behind Information Centre)

Wednesday

Maroochydore

Yoga 12.30pm-1.15 pm

Thinking Out loud 1.30pm-2.30pm

What's on October

Thursday Maroochydore

Coffee Lounge Open
10 am-2.30 pm

Tales of Discovery
10 am-11.45 am
Topic –Depression

Women's Group
12.15pm-1.15pm

End of Month BBQ
October 25th
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

Bam Jam
BYO Instruments
3.30-5.30pm

Noosa

Noosa Group
Runs fortnightly
11am-12.30pm

October 5th- Discussions at the J
October 17th- Ten Pin Bowling

8 SIMPLE WAYS TO
FEEL *great* TODAY!

- 1 Make someone else *smile*.
- 2 *Swim* a cool glass of water.
- 3 *Eat* one healthy & delicious food.
- 4 Dance, sing & *let yourself go*.
- 5 *List* 10 things you love.
- 6 *Learn* something new.
- 7 Go *outside* & breath deeply.
- 8 *Complete* a quick project.

Feel Great in 8 Challenge



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: Monday October 8th

WHERE: Community Focus

TIME: 10.00-12.30pm

ACTIVITY: Meditation with Vanessa From Body Smart Clinic

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.



Queensland Mental Health Week

Come and join in the events that are happening on the coast for
Mental Health Week

www.mentalhealthandwellbeingfusion.weebly.com

Tuesday 2nd October:

Caloundra State High School Activities 9.00am

Sunday 7th October:

Moving To Wellness-Walk for Mental Health

Cotton tree Park 7.00am warm up

Tuesday 9th October:

Maroochydore State High School Wellbeing Challenge 10.00am

Art Exhibition-Caloundra Private Clinic

Emerging Minds Event 10.00am-please book your place

Wednesday 10th October:

Majestic Cinema Nambour

Healing Voices 6.00pm-please book your place

Sunshine Coast University Hospital Kawana

“Advocate For Your Health” information

9.00-2.00pm

Thursday 11th October:

Cooinda Art Show Buderim Private Hospital 10.00am

REFOCUS Strengthening Women 9.30am

Friday 12th October:

Wheel of Wellbeing Maroochydore Neighbourhood Centre 10.00am

Gympie mental Health Art Exhibition 3.00pm

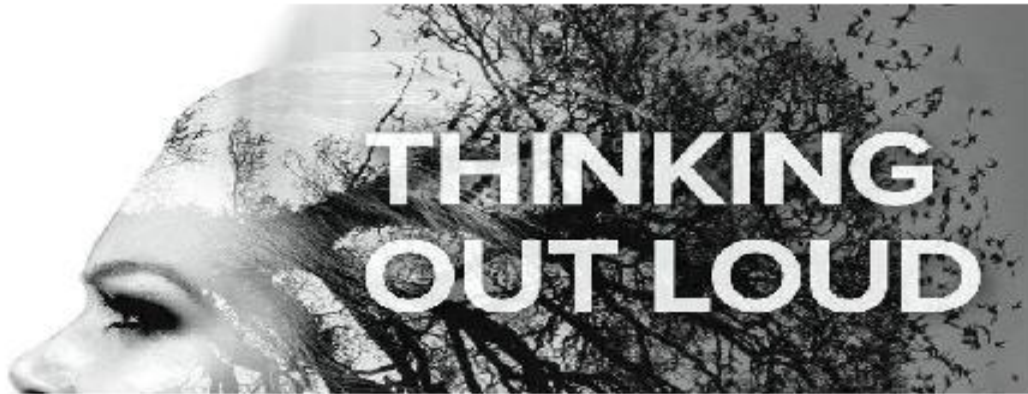
PEARL Open Day 10.00-2.00pm

Sunday 14th October:

Rotary Walk for Mental Health Mooloolaba 8.00am start

Bamboo Projects

Community meet and greet at Kawana 9.00am



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

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Community Focus

Wishes all the October 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>
2nd	Check In & discussion	Community Focus
9th	Ten pin Bowling 10.30-12.00pm	Meet CFA @10.00am
16th	Point Cartwright Walk About	Meet CFA @ 10.00am
23rd	Check In & Discussion	Meet CFA @ 10 .00am
30th	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>
4th	Check in and discussion	Caloundra Lapidary Club
11th	Check In and discussion	Caloundra Lapidary Club
18th	Check In & discussion	Caloundra Lapidary Club
25th	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

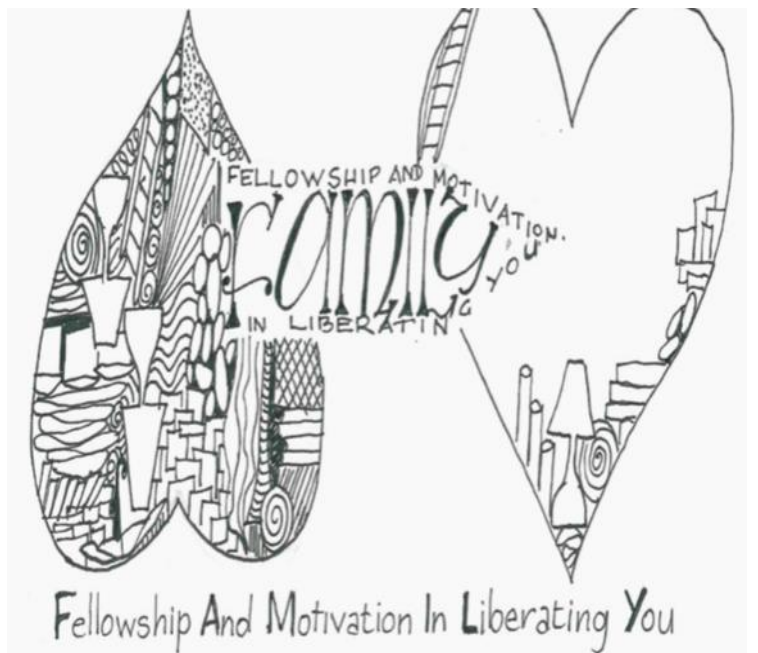


Decluttering Support Group

*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: Depression



NOOSA GROUP

The Noosa group operates fortnightly. 11am to 12.30pm

FRIDAY 5th October—The J @ Noosa Heads
60 Noosa Dr The Deck Room 11am –12.30pm



Friday 19th October—Ten Pin Bowling
7/11 Bartlett Street, Noosaville 11 am-12.30pm



Please call the office 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

This group is no longer available. Please call Community Focus for more information.

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



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

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



**All external articles are published for information only and are not the views of
Community Focus Association**

Return to:
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