

DISCOVERY

September 2018

Discover What's Inside For September

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SEPTEMBER CALENDAR

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Maroochydore and
Caloundra

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BAMJAM GROUP
Monthly BBQ

HealthyPlace.com

8 Things to Do to Enhance Your Mental Health

Take 10 slow, deep breaths or blow bubbles.

March or jog in place, do jumping jacks.
Movement stimulate your body and brain.

Create a daily goal, and list little steps you
need to take to accomplish it.

Embark on a stroll, and intentionally notice
positive things around you.

Acknowledge the awful things you're dealing.
What can you do more of to keep getting
through the tough stuff?

Practice noticing your thoughts. Identify,
challenge, and replace the unhealthy ones.

Color or draw.

Do at least one thing you love every day.



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 September

Monday

Maroochydore

Coffee Lounge not Open
Seniors Unleashed social group

Group will run on Monday
3rd September

Coffee catch up Emjays café
Maroochydore Homemaker
centre

Maroochy BLVD
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
No yoga on 5th September
Thinking out loud 1.30pm-2.30pm

Nambour

Dual Diagnosis
This group is no longer available.
Please call the office for more
Information.

What's on September

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
September 27th 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

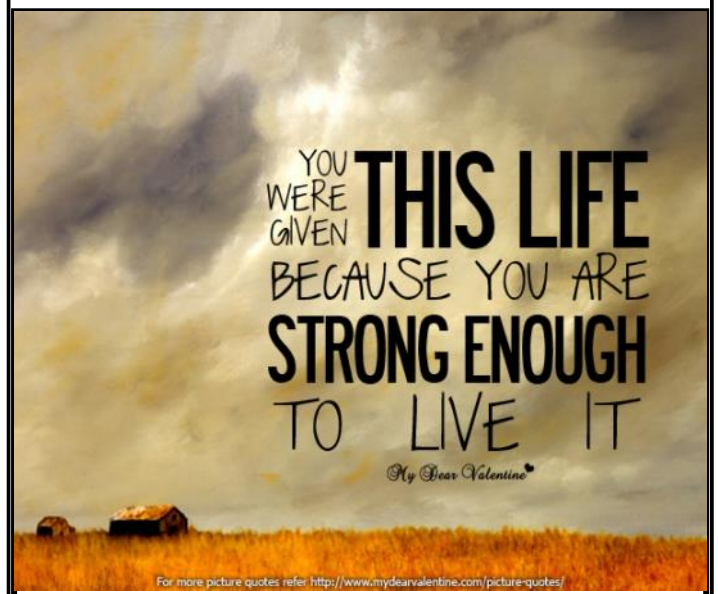
Dual Diagnosis
Mental Health and Addiction
11am-12.30 pm

Bam Jam
BYO Instruments
3.30-5.30pm

Noosa

Noosa Group
Runs fortnightly
11am-12.30pm

September 7th -
September 21st - Discussions at the J





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**

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 September 3rd

WHERE: Community Focus

TIME: 10.00-12.30pm

ACTIVITY: Coffee catch up Emjays
café Maroochydore Homemaker centre
Maroochy BLVD

"YOU ARE NEVER TOO OLD
TO SET ANOTHER GOAL OR
TO DREAM A NEW DREAM."
-- C. S. LEWIS



**REGISTERED
PROVIDER**

Community Focus is a registered NDIS provider.

Please contact the office for details of the supports we offer.

Phone: 54793110



Moving to Wellness



Free Event

Come and join the 4.8km Walk/Run for Wellness to help raise awareness for mental health and promote wellbeing.

All welcome, wheelchair accessible, bring your pet, remember your hat. Please bring your own water bottles-there will be refill stations along the route.

When: Sunday 7th October

Time: Meet at 7:00am for warm up

7.00am-8.00am Yoga by NRG

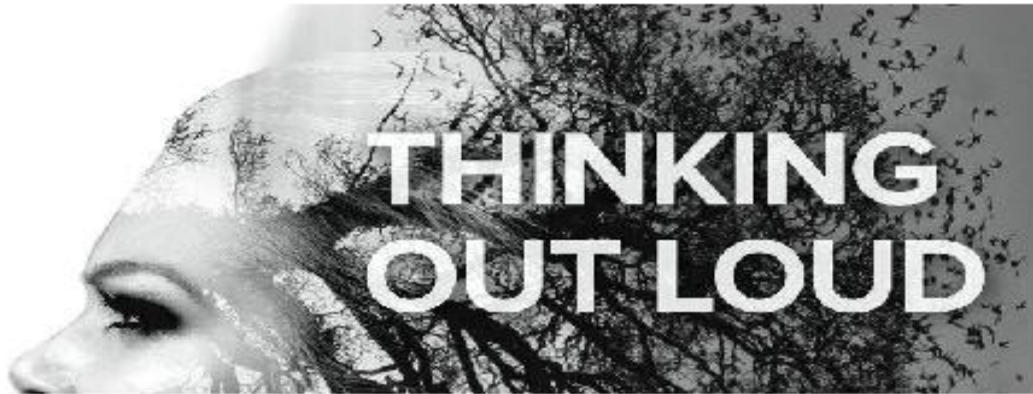
8.00am-8.45am Warmup with Alex from WORX

9.00am-Start time for the walk

Start: Maroochydore Rotary Park,
Cotton Tree Park to Alex Surf Club and return

Finish: Maroochydore Rotary Park, Cotton Tree Park

If you have T-shirts from previous years please wear them-there will be a limited supply of t-shirts on the day



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: Wednesday 5th September 2018

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 September
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>
4th	Check In & discussion	Community Focus
11th	Ten pin Bowling 10.30-12.00pm	Meet CFA @10.00am
18th	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>
6th	Check in and discussion	Caloundra Lapidary Club
13th	Check In and discussion	Caloundra Lapidary Club
20th	Check In & 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

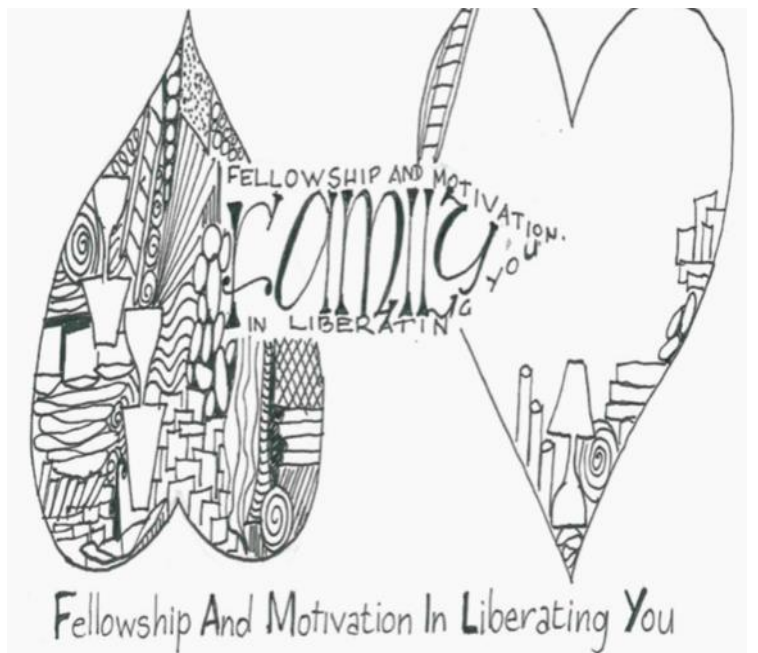
12:15 - 1:15pm

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*



Tales of Discovery

Every Thursday
10.00am-11.45pm
TOPIC: Depression



NOOSA GROUP

The Noosa group operates fortnightly. 11am to 12.30pm

FRIDAY 7th September— Op shopping Morning
Meet RSL Memorial Park
Diyan St Tewantin



FRIDAY 21st September—The J @ Noosa Heads
60 Noosa Dr The Deck Room 11am –12.30pm

Please call the office if you would more information about this group.
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~~

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**

No yoga on Wednesday 5th September

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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