

Community Focus

DISCOVERY

FEBRUARY 2019



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Sometimes when
you're in a dark place
you think you've been
buried, but actually
you've been planted.

Christine Caine



HEART CENTERED
REBALANCING



Community Focus contact

Details

3/2 Ann-Maree Close

Maroochydore 4558

Ph: 5479 3110

Email: info@communityfocus.org.au

Webpage: www.communityfocus.org.au

Find us on Social Media



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



Community_focus

What's on February

Monday

Maroochydore

Coffee Lounge not Open
Seniors Unleashed social group
*Group will run on Monday
February 4th*

Community Focus
10 am– 12.30pm

Nambour

Hearing Voices
1pm –2pm

*Graceville Centre 5 Sydney St
Nambour*

Hearing Voices
Maroochydore
now running every Tuesday
1 pm– 2pm



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 1pm– 2pm

Caloundra

Women's Group 11am-12.30 pm
*Caloundra Lapidary Club
9 Caloundra Rd
(Behind Information Centre)*

Wednesday

Maroochydore

Yoga 12.30pm-1.15 pm

Gympie

Tales of Discovery
11.00-1.00pm
Winston House

What's on February

Thursday Maroochydore

Coffee Lounge Open
10 am-2.30 pm

Tales of Discovery
10 am-12.00 am
Topic –wheel of Wellbeing

Women's Group
12.30pm-1.30pm

We will no longer be having the End of Month BBQ. Instead 2nd Friday of Each month from February 8th we will be doing a Bam Jam session from 4.00-8.00pm with food and music.

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

**2nd Friday of the month we will
Have a Bam Jam Night
food and music.
4pm-8pm
Everyone welcome
See page 15 for details**

Noosa

Noosa Group
Runs fortnightly
11am-12.30pm

*February 8th –Tenpin bowling
February 22nd - 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 1pm-2pm

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

Tales of Resilience



We are currently taking expressions of interest for our 2nd Tales of Resilience group.

We will be focussing upon shaping up our personal recovery narrative in written form and sharing our lived experience story. Sharing our stories allows us to visualise our experiences over time and to reflect on the long-term journey of recovery with its ups and downs. They can also inform and inspire people with experiences of mental health challenges, their loved ones and service providers.

Please contact Community Focus on 54793110 to register your interest.

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.

Tales of Discovery

At Winston House Gympie

Community Focus and Winston House are now offering the Tales Of Discovery group for the Gympie Mental Health Community, this group is aimed at individuals who wish to improve their mental health and wellbeing.

Tales of Discovery is a supportive and casual education group offering a range of topics that will enhance your mental health as we grow and learn together.

Commencing in February 2019 we will be running an 8 week workshop on Assertive Communication, see details below.

Assertive Communication Workshop

6 Feb	What is Assertive Communication?
13 Feb	Recognising assertive behaviour
20 Feb	How to think and behave more assertively
27 Feb	Reducing physical tension
6 March	How to say 'No' assertively
13 March	How to deal with Criticism and disappointment
20 March:	Giving and Receiving compliments
27 March:	Putting it all together



WHERE:



If you would like to attend or require any further information, please phone Deb or Katrina at Community Focus on 54 793 110, or just come along.



Community Focus

Community Focus Women's Groups

**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.**



Women's Group Caloundra:

**Caloundra Lapidary Club—9 Caloundra Rd
(Behind Information centre)
Every Tuesday 11am-12.30pm**

**Last Tuesday this Month –Picnic at Happy Valley
(The Esplanade Bulcock Beach)**

with La Promenade Café as the Alternate Venue if weather is not Suitable

Women's Group Maroochydore;

**Community Focus-3/2 Ann-Maree Close
Every Thursday 12.30-1.30**

DATE	ACTIVITY
7th February	Discussions
14th February	Book, Music or Movie Talks
21st February	Discussions
28th February 12.30-2pm	Fun activity

EXPRESSIONS OF INTEREST

Gardening Group in Maroochydore



*Fun weekly activity aimed at
increasing social interaction
with like-minded individuals who
would like to plan a community garden to grow-
Herbs, Vegies, Flowers and plants
To register your interest please contact
Community Focus on 5479 3110*

Tales of Discovery for February

Wheel of Wellbeing.....Activities



7th February
Introduction
WOW

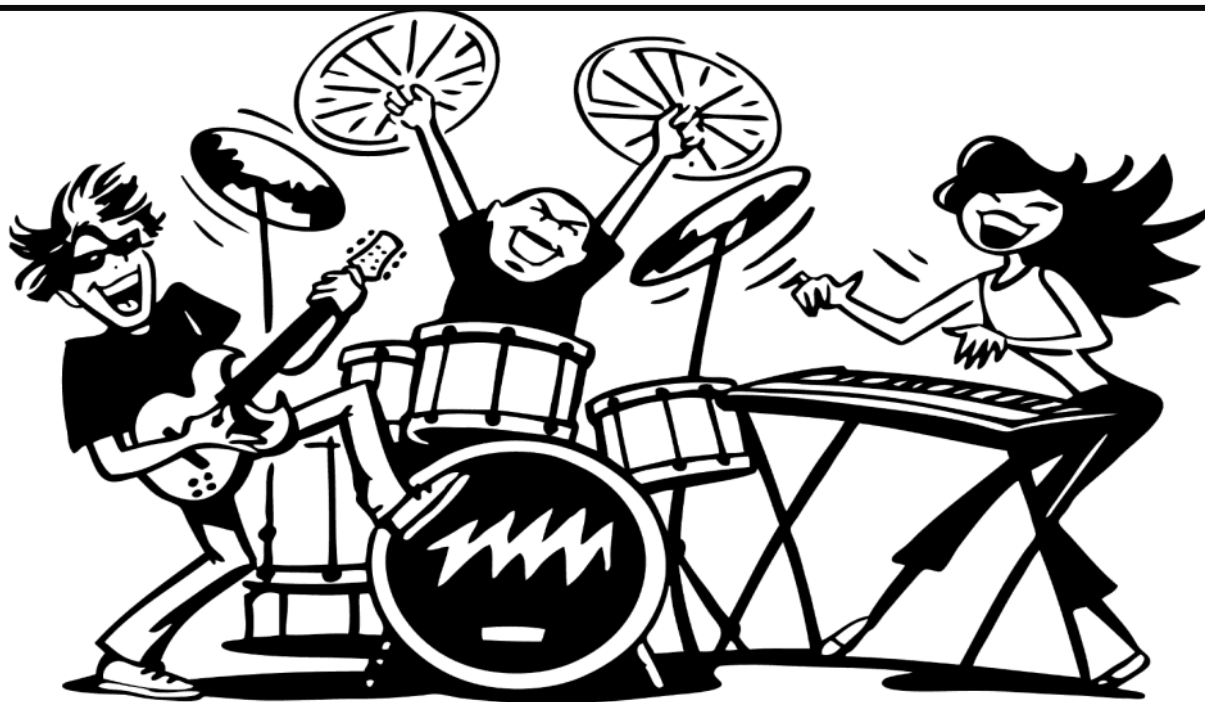
14th February
Body and
Mind
activities and
learning

21st February
Spirit and
People
activities and
benefits

28th February

Place and Planet taking notice and activities

Thursday 10am-12pm



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

POSITIVE WORD SEARCH

Y	V	S	O	P	Q	E	E	Z	W	C	M	H	I	Y
L	N	E	E	M	R	D	J	I	T	G	O	I	E	O
P	J	O	Y	L	U	O	L	C	Z	R	D	G	V	U
P	A	K	M	T	F	L	G	X	M	Y	E	H	I	R
U	P	M	I	R	P	D	Q	R	F	Z	E	E	T	S
R	Z	T	L	O	A	E	I	H	E	B	R	N	I	E
E	T	O	W	I	O	H	V	S	B	S	F	E	S	L
A	V	E	L	K	C	J	W	I	C	B	S	R	O	F
E	R	N	O	I	T	A	V	I	T	O	M	G	P	S
P	O	W	E	R	F	U	L	P	J	P	V	Y	S	A
X	L	J	Z	K	G	C	K	N	E	T	E	E	G	F
Y	T	I	L	A	U	Q	P	M	O	A	C	C	R	I
L	M	A	T	X	X	P	Q	O	O	C	C	F	E	Y
V	I	C	T	O	R	Y	K	T	U	X	S	E	N	R
W	I	I	H	X	M	K	W	S	D	B	C	R	E	S

ATTITUDE
 HARMONY
 LOVE
 PEACE
 POWERFULL
 PURE
 RECEPTIVE
 SUCCESS
 WILLPOWER
 FREEDOM
 HIGH ENERGY
 MOTIVATION
 PROGRESS
 QUALITY
 SELF DISCOVERY
 VICTORY
 YOURSELF

NOOSA GROUP

FEB 8th
Ten pin Bowling
10 am @ 7/11
Bartlett Rd
Noosaville

Feb 22nd
Discussions
10am @
The J Noosa
60 Noosa Dr,
Noosa Heads

NOOSA GROUP IS A SUPPORTIVE GROUP THAT OFFERS A BLEND OF SOCIAL ACTIVITIES AND A RANGE OF TOPICS THAT ENDEAVOURS TO ENHANCE YOUR SOCIAL CONNECTIVITY AND MENTAL HEALTH.

WHEN: EVERY 2ND FRIDAY 11AM-1PM

WHERE: THE J NOOSA....60 NOOSA DR, NOOSA HEADS 4567

THIS GROUP IS AIMED AT INDIVIDUALS WHO WISH TO IMPROVE THEIR MENTAL HEALTH AND WELLBEING.

Everyone is welcome

Contact Community Focus on 5479 3110

for further information

Dual Diagnosis

Addiction + Mental Health

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

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

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

For more information call 5479 3110





Move to Optimise your Vitality & Enjoyment
Do you want to be more active in 2019?

WHAT?

Healthy Habits is a group program run in collaboration by Sunshine Coast Mental Health and Addiction Service, and **WORX Health and Fitness** in Maroochydore.

Healthy Habits aims to assist you to:

- fit regular and ENJOYABLE movement into your life;
- relax and manage stress;
- Connect with and support others on a shared journey towards wellness.
- Feel better and more energetic
- Improve your confidence and self-esteem

WHO?

Anyone over 18, who's receives support from Mental Health and Addiction Service on the Sunshine Coast is welcome to attend.

COST & TIME?

No Cost - Wednesdays and Fridays 10am -11.30am

WORX
Health and Fitness

WHERE?

4/99 Aerodrome Road, Maroochydore (opposite Aldi)

REGISTER YOUR INTEREST

Lisa Gwillim (Primary Care Liaison Officer) on 5452 4450

lisa.gwillim@health.qld.gov.au



**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	Ten pin Bowling 10.30-12.00pm	Meet CFA @10.00am
19th	Check In & Discussion	Meet CFA @ 10 .00am
26th	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 and discussion	Caloundra Lapidary Club
21st	Check In & 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**

Seniors Unleashed

YOU ARE NEVER
TOO OLD TO SET
ANOTHER GOAL
OR TO DREAM A
NEW DREAM.

Social Group for individuals over 55

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

Everyone welcome

WHEN: Monday 4th February

WHERE: Community Focus

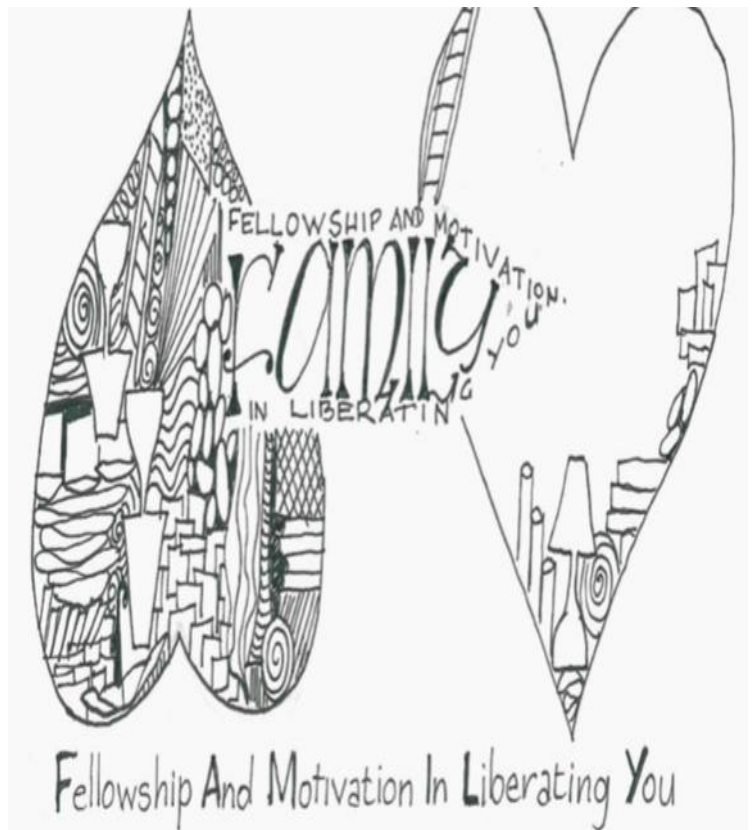
TIME: 10.00-12.30pm

ACTIVITY: Qi Gong With Angela)

Decluttering Support Group

*Ongoing support group
for people who have
shared
experiences within the
“The Decluttering
Workshops”*

*Every
Tuesday 12.15-1.45pm
At Community Focus*





Are you having Computer/Phone problems?

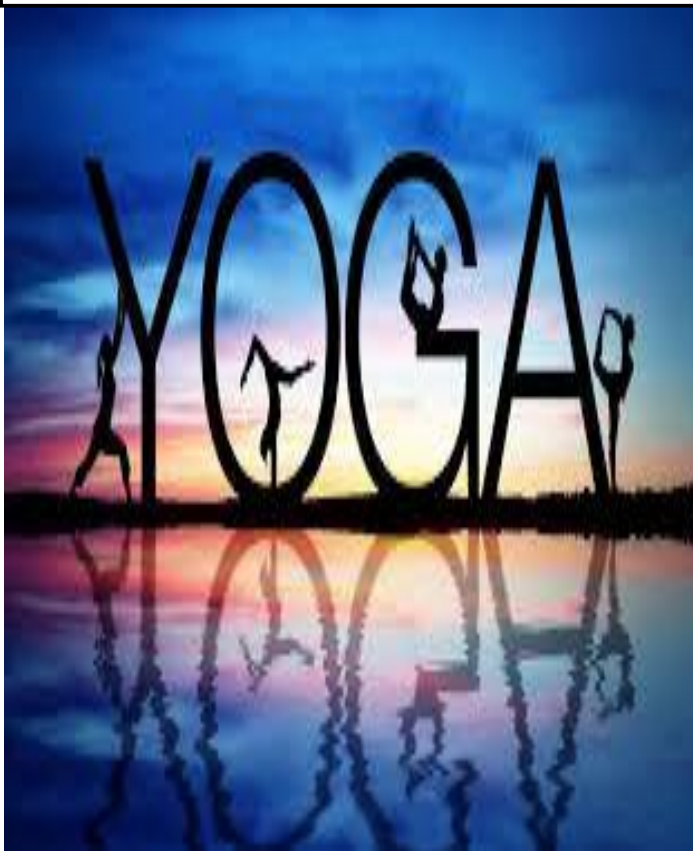
Do you want to learn how to use the features and apps on your phone to their full potential?

Tuesday Time -12pm-2:00pm
Thursday Time - 10 am-2.00pm



LOCATION – MAROOCHYDORE

**FOR MORE INFORMATION CONTACT
Community Focus on 54793110**



FREE YOGA
Wednesday
At
Community Focus
12.30-1.15 PM

*For more Information Call
Community Focus on
5479-3110*



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



BAM JAM IS BACK!!!

FRIDAY 8TH February 2019

4PM TO 8PM

BAM JAM AND PIZZA NIGHT

3/2 ANN-MAREE CLOSE MAROOCHYDORE

EVERYONE WELCOME!!! 1/2 A PIZZA AND A DRINK \$8!!

**We will no longer be having the End of Month BBQ.
Instead every 2nd Friday of the month from February 8th we will
be doing a Bam Jam session from 4.00-8.00pm with food and music.**

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

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