

# DISCOVERY

## January 2019

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Inside For  
October**

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**JANUARY CALENDAR**

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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 January

## Monday

### Maroochydore

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

*Group will run on Monday*

*7th January*

**Coffee Catch up Yearly Planning**  
**Community Focus**  
**10 am– 12.30pm**

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## Nambour

**Hearing Voices**  
**1pm –2pm**

*Graceville Centre 5 Sydney St*  
*Nambour*

### Community Focus

**Wishes all the January**  
**Babies a Very Happy**  
**Birthday.**

**Come along to our end of**  
**Month BBQ and grab your**  
**piece of Birthday cake**



## 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)*

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## Wednesday

### Maroochydore

**Yoga** 12.30pm-1.15 pm  
*Yoga Not starting Until 16th January*

## Gympie

*Tales of Discovery*  
**11.00-1.00pm**  
*Winston House*

# What's on January

## Thursday Maroochydore

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

**Tales of Discovery**  
10 am-12.00 am  
*Topic –Depression*

**Women's Group**  
12.30pm-1.30pm

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.

## 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

*January 11th -Discussions at the J*  
*January 25th- 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**

**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**

# 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



## **Social Group for individuals over 55**

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

**WHEN:** Monday January 7th

**WHERE:** Community Focus

**TIME:** 10.00-12.30pm

**ACTIVITY:** Coffee catch up and Yearly Planning

## **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.













**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>
8th	Check In & discussion	Community Focus
15th	Ten pin Bowling 10.30-12.00pm	Meet CFA @10.00am
22nd	Check In & Discussion	Meet CFA @ 10 .00am
29th	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>
3rd	Check in and discussion	Caloundra Lapidary Club
10th	Check In and discussion	Caloundra Lapidary Club
17th	Check In & discussion	Caloundra Lapidary Club
22nd	Check In and discussion	Caloundra Lapidary Club
31st	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**

**12:30 - 1:30pm**

Community Focus  
3/2 Ann-Maree Close

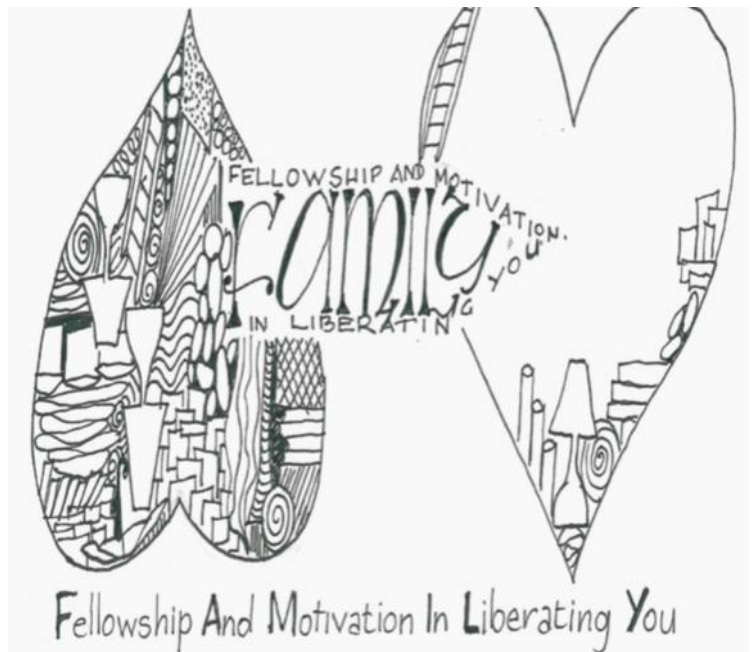


## Decluttering

### 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-12 pm



**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**

## Noosa Group



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 2<sup>nd</sup> Friday 11am till 1pm

**Where:** The J Noosa

60 Noosa Dr, Noosa Heads Queensland 4567

This group is aimed at individuals who wish to improve their mental health and wellbeing. Everyone is welcome.

Contact Community Focus on  
54793110 for further information



**Wednesday At  
Community Focus**

**12.30-1.15 PM**

Starting Back January 16th





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

**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.**



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