Christmas Greetings

Christmas is the season of goodwill and the coming of hope and joy to many around the world. For those of us who are fortunate to be surrounded by a loving family and friends this is a time to be celebrated and enjoyed.

Christmas means different things to different people and many chose to celebrate it in different ways. However, many people are not so fortunate and may have little to celebrate. Many young and not so young are left alone at Christmas, be it by bereavement or just life circumstances. Spare a thought for these people, and if you know anyone in that situation, make an effort to reach out. A kind word just to let them know that they are being considered may make a difference and lessen that sense of isolation. Spare a thought for those new to Australia living a long way from home and their original family who may be feeling isolated and homesick and finding little to celebrate.

Christmas can also be a time of stress for families with relationships under pressure as family members and others spend more time together, perhaps for the only time in the year. There may be the added pressure to appear happy and to be enjoying the festivities. Financial pressures can also cause stress as people extend themselves to provide what they believe others require - often the expectations of others are not as high as you imagine. Take time for yourself to lessen stress, try not to worry over what, in the overall scheme of things, are really minor details.

We also express gratitude and greetings for those service providers, hospital staff, Paramedics and Police who work over the Christmas Period to provide care and assistance for those who need it.

Above all, enjoy the Christmas Season and stay safe.

Greta

The Management Committee
and Centre Team

wish all a Merry Christmas
and a Safe and Happy New Year
**Galangoor D’Buthbee**

Good Morning in ‘Butchulla’ language.

Firstly, I would like to acknowledge our ‘Butchulla’ Elders past present and future leaders whose land we live, work and play on.

**The 3 (three) ‘Butchulla’ Lores/Laws:**

1. What is good for the land comes first.
2. Do not touch or take anything that does not belong to you.
3. If you have plenty, you must share.

**Healthy Living, Healthy Communities, Healthy Future**

Showcasing Success

Hervey Bay, Maryborough and Bundaberg Girls Academy

**Develop a Girl – Change a Community**

The Girls Academy program provides comprehensive in-school support to Aboriginal and Torres Strait Islander girls to help them overcome the barriers preventing them from completing their education and reaching their full potential.

The Girls Academy was founded in 2004 by Olympian and champion basketballer Ricky Grace (MEdL, BPoLSc) works within the school system to drive community-led solutions aimed at overcoming the obstacles that prevent Aboriginal and Torres Strait Islander girls from attending and achieving at school. Academy Girls receive intensive one-on-one mentoring and support from our team of skilled field staff, 80% of which are highly accomplished Indigenous women.

The program increases the skills, employability, mental health and well-being of Aboriginal and Torres Strait Islander girls throughout Australia – providing them with better opportunities to contribute to the social and economic outcomes of the wider communities.

**Our Services**

Girls Academy program activities are designed with emphasis on the ‘Big 4’ objectives to:

1. Increase school attendance
2. Advance academic and personal achievement
3. Improve year 12 graduation rates, and
4. Facilitate post-school transition planning

We use a variety of tools to achieve these objectives including:

- **Indigenous women** as role models and mentors.
- Our team of Program Managers (80% of which are Indigenous women) inspire and encourage students through one-on-one mentoring, guidance and “big sister” or “auntie” style support.
- **Extracurricular activities** including health & well-being workshops, sporting competitions/carnivals, University discovery trips and much more.
- **Post-school transition planning** to support students to develop career, education, training and employment pathways.
- **Leadership, Teamwork and Vision** activities designed to support the development of student’s confidence, attitude, leadership and teamwork skills.
- **Community Advisory Panels** have been established in 20 communities. These Panels provide local, grassroots advice and help steer the activities of RMLA.

**Academy Rooms at each school provide a sanctuary for the girls to connect with each other, to learn and prosper in a safe and nurturing environment.**

There are seven Girls Academies within Queensland, they are based at Hervey Bay State High School, Urangan State High School, Maryborough State High School, Aldridge State High School as well as 3 High Schools in Bundaberg. For further information, please see Girls Academy website.

**MURRI Christmas and Happy New Year**

I would like to wish everyone happy holidays, with lots of love, peace and happiness and a Deadly New Year.

Have a very Murri Christmas and a Deadly New Year.
January to June 2019 Workshops

Thursday 31st January
Who moved my Cheese?
Change and adapting to change
10.00am-12.00noon

Tuesday 5th February
Brain Rules for Aging Well
10 Principles for Staying Vital, Happy, and Sharp
10.00am-12.00noon

Thursdays starting 7th February
Meditation
Simple Techniques to Calm the Mind
5.15pm-6.15pm

Tuesday 12th February, Tuesday 2nd April, Tuesday 4th June
Mindfulness
Techniques for use throughout your day
10.00am-12.30pm

Thursdays 14th February-21st March
From Surviving to Thriving
Anxiety and Depression - calm and regulate the stress response
9.30am-2.30pm

Wednesday 6th March
"C" is for Confidence
Building confidence, self-esteem and self-awareness
10.00am-12.00noon

Monday 18th March
Gut/Mind Connection
How our brain and gut communicate and our gut microbiome impacts overall health and emotions
10.00am-12.00noon

Thursdays 4th-18th April
Bereavement
Strategies for well-being when experiencing grief and loss
9.30am-12.30pm

Wednesdays 1st-22nd May
Positive Discipline in Everyday Parenting
Long-term solutions that help develop a child’s own self-discipline and life-long skills
9.30am-12.30pm

Thursdays 2nd May-6 June
Safe and Savvy
Brain-wise ways to find and restore your sense of safety and wellbeing
9.30am-12.30pm

Mondays 20th May-3rd June
Well Woman
Nutrition, Fitness and Menopause
10.00am-12.00noon

Wednesday 29th May
Shark Cage
Develop a sense of personal boundaries
9.30am-2.30pm

Wednesdays 12th-26th June
Tree of Life
Identify the aspects of your life that have created the unique you
10.00am-12.00noon

Please call to place your name on an Expression of Interest List if you would like to attend any of the workshops.

The Centre will be closed from 5pm Thursday 20 December 2018
Reopening 9am Monday 7th January 2019

Please contact these services for support during this time:

DV Connect 1800 811 811
Sexual Assault 1800 010 120
Lifeline 13 1114
Parent Line 1300 301 300

Centrecare Regional Domestic & Family Violence Service 4196 9777
(Centacare will be closed on Christmas Day, Boxing Day, and New Year's Day)
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Six tips to survive the Silly Season

Be Prepared
If you are going to an event where family tensions will run high, prepare by running through some possible scenarios, and try not to respond in the heat of the moment.

Drink Responsibly
Do not skip meals, alternate alcoholic and non-alcoholic drinks, limit intake to 2-4 drinks to avoid long-term health effects, and maintain alcohol free days.

Sleep
Ensure you get adequate sleep. Lack of sleep can lead to reduced alertness, shorter attention span, slower than normal reaction time and poor judgment.

Exercise
Exercise regularly for general health and well being. Even mild exercise produces endorphins.

Acknowledge
If you are grieving a loss or feeling sad because you miss loved ones, acknowledge your feelings. Seek professional help if you feel you need it.

Connect
If you are away from family or friends try to connect with them via email, Skype or social networking tools like Facebook. Volunteering and attending events like carols are great ways to feel connected with your community.

Published with the permission of Jean Hailes for Women’s Health jeanhailes.org.au 1800 JEAN HAILES (532 642)

Last-Minute Rich Christmas Fruit Cake

Ingredients
- 250 g butter
- 1 kg mixed dried fruit
- 200 g brown sugar firmly packed
- 125 ml brandy
- 125 ml water
- 1/2 tsp bicarbonate of soda
- 2 tsp orange rind grated
- 1 tsp lemon rind grated
- 1 tbs treacle
- 5 eggs medium lightly beaten
- 250 g plain flour
- 50 g self-raising flour
- 2 tbs glace cherries *to decorate optional
- 2 tbs blanched almonds *to decorate optional

Method
1. Grease a deep 23 cm round cake tin, line base and sides with 3 layers of baking paper to 5 cm above edge of tin.
2. In a large saucepan, place butter, fruit, sugar, brandy and water.
3. Bring to boil, stirring, then simmer covered for 10 minutes.
4. Stir in soda, cover and allow to cool.
5. Stir rinds, treacle, eggs and flours into cooled mixture. Spread evenly into prepared tin.
6. Decorate with the cherries and almonds.
7. Bake at 140C for about 2½ hours, checking after 2 hours.

This recipe has been recommended by Suyin and taken from the Best Recipes website: https://www.bestrecipes.com.au/recipe/last-minute-rich-christmas-fruit-cake-L7299.html
Women’s Legal Service

REGIONAL, RURAL AND REMOTE LEGAL ADVICE LINE - 1800 457 117

At the beginning of the year Women’s Legal Service (WLS) launched our new HELPLINE – 1800 WLS (1800 957 957) which replaced our State Wide Advice Line with the aim of increasing access to our services across the State.

In addition to the HELPLINE WLS continue to operate our Regional, Rural and Remote (RRR) Legal Advice Line - 1800 457 117 every Tuesday between 9:30am – 1:30pm.

This line is exclusively available to regional, rural and remote Queensland women, ensuring that RRR women have priority access to quality family law and domestic violence advice and are not competing with metropolitan callers.

The RRR line is unique in that callers speak directly to our Regional, Rural and Remote Lawyer and receive high quality free legal advice when they call, without the need to wait for an appointment. Where clients calling meet our requirements for further support, lengthier Skype and/or telephone appointments and some minimal case work can also be offered.

FREE LEGAL ADVICE

Is the cost of legal advice stopping you from seeking help? Free, confidential, 15-minute legal advice sessions are available to residents of the Fraser Coast region through the Taylor Street Community Legal Service.

Sessions are by appointment only. Hervey Bay, Maryborough, Tiaro and Burrum Heads residents please call 4194 2663.

DIY DIVORCE WORKSHOPS

Free information sessions on divorce, run by a solicitor, are held monthly in Hervey Bay. Topics include:

- Divorce – what does it mean?
- When can I apply for a divorce?
- How do I apply for a divorce?
- Step by step guide to completing the Application for Divorce kit
- Divorce hearing date and documents
- Serving papers
- Attending the hearing
- Outcome of hearing
- Getting further help

BOOKINGS ARE ESSENTIAL

To book please call 4194 2663

Do you feel your rights are being respected?
Are your family members supportive, or do they create stress in your life?

Are any of the following scenarios happening to you?

- Being told that you can’t make any decisions for yourself because you have had a diagnosis of dementia.
- Being pressured into entering a nursing home when you’re not ready.
- Being frightened to voice your needs/concerns.
- Carers or family members borrowing money and not paying you back.
- Adult children moving in with you and refusing to pay rent.

The Seniors Legal and Support Service offers a FREE service for people over 60 whose rights are being compromised.

For More Information Please Call 07 4124 6863
Christmas Stress

Although Christmas is meant to be a happy and joyful time, this isn't how everyone feels at this time of the year. Christmas can be a stressful and depressing time for many people.

Isolation at Christmas

Some people find themselves alone at Christmas time. This may be due to relocation to a city far from relatives, a marital break-up, or family estrangement. The emphasis on family, friends and shared good times during the 'festive season' can make people who are isolated feel depressed and unloved. Suggestions include:

- If separated by distance, keep in constant touch by phone, mail and email.
- Christmas shopping for loved ones can help you feel connected, even though you may be half a world away. Make sure you post your gifts in early December to avoid the Christmas mail rush.
- Make plans for Christmas Day. If you have no one to share the day with, consider volunteering for charity work – for example, you could help organisations such as The Salvation Army give Christmas lunch to people in need.
- If you are living overseas, arrange a 'friends Christmas' with other people you know who are in the same situation.
- Attend community celebrations such as Carols by Candlelight and neighbourhood picnics.
- Use the strength of your feelings to change your situation. If you are estranged from loved ones, perhaps you could attempt to reconcile with relatives and old friends (if possible), or else take steps to widen your social network.

Financial and Time Pressures at Christmas

The expense of gifts and food, the pressure of shopping and the expectations of the season can make Christmas an extremely stressful time. General suggestions include:

- Budget for Christmas so that you don't overspend. This may mean putting money away each week throughout the year and sticking to your shopping list.
- Do your Christmas shopping early, perhaps in November. Some people like to do their Christmas shopping gradually over the course of the year, starting with the post-Christmas sales.
- Shop online or use mail order catalogues to avoid the crowds at shopping centres.
- Consider a simpler version of Christmas lunch this year (such as a buffet where everyone brings a plate or delegate as many tasks as you can).
- Seek advice from a financial counsellor if you are experiencing severe money troubles. Centrelink offers free advice for people on benefits.
- Remember, you don't have to spend money to give someone a present – you can give of your time and expertise as well. If you are strapped for cash, you could give someone a babysitting voucher where you offer to babysit for an evening, or offer to help out with a task that needs doing around the house or in the garden. Tutor someone for an hour, proofread an important letter or job application, walk their dog – whatever suits your skill set and the time you have available.
- Pass on a book you enjoyed. It may not be new from the shop, but it comes with love and your recommendation, and it shows you have thought about the person you have given it to.

Family Tensions at Christmas

All families experience tension to some degree. Part of the reason why Christmas time can be so stressful is the unrealistic expectation of coming together as a happy family on this one day of the year. Suggestions include:

- Keep realistic expectations. If your relatives tend to fight throughout the year, they will most likely fight on Christmas Day as well.
- Appreciate that everyone is under stress to a certain degree. For example, one relative may have worked overtime to get everything done before their office closed for Christmas, and may be feeling exhausted and harried. Another may be anxious because they overspent on their credit cards. Be as understanding as you can of people's situations.
- Consider breaking up the celebrations to keep 'warring factions' apart. For example, you could see one group of relatives on Christmas Eve and another on Christmas Day.
- Family members involved in after-lunch activities (such as cricket on the back lawn) are less likely to get into arguments. Plan for something to do as a group after lunch if necessary.
- Use relaxation techniques, distraction and group activities to help steer around stressful situations.
- Avoid overindulging in alcohol – the reduced inhibitions could contribute to (or cause) an unnecessary argument.
Part of the reason why Christmas time can be so stressful is the unrealistic expectation of coming together as a happy family on this one day of the year.

Bereavement and Christmas

Significant occasions, such as birthdays and Christmas, are always difficult for a bereaved family. Suggestions include:

- Deciding to ignore Christmas altogether could exacerbate your grief. However, depending on your family’s needs, you may wish to try something different this year — for example, if you’ve always had lunch at home, consider having it at a restaurant instead. Alternatively, sticking to your family’s traditions may be more helpful. The important thing is to discuss your preferences as a family.
- Expect and appreciate that people show their grief in different ways. One person may want to reminisce, while another may prefer to remain tight-lipped.
- If you feel you can, talk together about your loved one. Sharing memories and tears can help you come to terms with Christmas without them.
- You may like to spend some time alone so you can think about your loved one. Talking out loud to them or writing them a letter can be helpful.
- Don’t feel guilty if you find yourself having a good time — sharing a few laughs with family or friends doesn’t mean you don’t love or miss that special person.
- Ask friends for their support. If they don’t know how to help you, tell them.
- It might help to talk to someone neutral such as a bereavement counsellor.

Christmas after Separation or Divorce

It can be hard for a family that has recently experienced a separation or divorce to face its first Christmas. It can also be hard when a family member is absent for the first time because they have moved away — for example, if they are overseas and unable to attend the traditional celebrations. Suggestions include:

- Allow yourself to feel your emotions. If you prefer to put on a brave face for others, give yourself enough time alone to help deal with your feelings.
- Talk about it as a family. Sharing your thoughts and feelings (and tears) can help you feel closer.
- If children are involved, the separated couple should try hard to be civil during the festive season or at least limit their disagreements to times when their children are out of earshot.
- Arrange, if necessary, to stagger the Christmas celebrations so that the children can spend (for example) Christmas Day with one parent and Boxing Day with the other. To keep it fair, you can swap arrangements the year after.
- Avoid the Christmas rush and send presents, cards or letters to loved ones overseas at the start of December. Appreciate that phone calls may be difficult to make at Christmas because of high demand.

Step-Families at Christmas

Around four per cent of Australian families are step-families, while blended families (partners who each have children from prior relationships) account for about three per cent. In some cases, Christmas for these families can be extremely difficult. Suggestions include:

- Get together as a family and decide (early in the year so there’s plenty of time) what you would all like to do for Christmas. Make sure the children have their say.
- Stagger the celebrations so that each child gets to spend time with both their natural parents and their step-parents.
- Try not to take arrangements too personally. For example, if your ex-partner says they can only see their child for a brief breakfast on Boxing Day, that doesn’t necessarily mean they don’t care. Instead of getting angry, organise a more substantial get-together for your child and ex-partner during the holidays, or plan for them to have time together next Christmas.
- Appreciate that now is not the time to sort out long-standing grievances. Christmas is stressful enough as it is. If possible, wait until things have settled down in the New Year.
- Talk to friends or a counsellor if you need help to sort through your feelings.

Feeling Down at Christmas and New Year

The close of another year often prompts people to reflect on their achievements — or disappointments — over the previous 12 months. Some people mourn the loss of another year of their lives. Suggestions include:

- Make a conscious effort to list all the positive things you did or experienced during the year.
- If possible, mend fences. Contact those people you miss and make steps towards reconciliation.
- Appreciate that your feelings may be due to a combination of Christmas-related factors including money worries, the pressure of last-minute shopping and unrealistic expectations of festive cheer. Remind yourself that many of these negative feelings will pass once the New Year is underway. Or even by tomorrow.
- People often make unrealistic New Year’s Eve resolutions. This year, try to come up with positive and achievable goals for the upcoming 12 months.

taken from the Victoria State Government’s Better Health Channel’s website

**What’s On At The Centre**

**Indigenous Women’s Yarning Circle**
for all Aboriginal, Torres Strait and South Sea Islander Women connecting and yarning

**Wednesday 20th February, 2019**
Connecting together, sharing stories through yarning and weaving
10am – 12noon

**Wednesday 17th April, 2019**
Create your journey through story beads
10am – 12noon

**National Reconciliation Week**
Join in the celebrations 27 May – 3 June
**Tuesday, 28th May, 2019**
- For all women celebrating cultures
- Inspirational and motivational speakers
- Cultural activities include art, weaving, beading, song and dance
10am – 12noon
Light lunch provided

Please contact the Centre 4125 5788

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**Christmas Lunch**
**Wednesday 12th December**
12 noon - 2.00pm
The Centre invites all women to join the team for Christmas Lunch (places are limited)

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**Mobile Women’s Health Service**
Pap Smear Clinic
The Mobile Women’s Health Nurse provides a range of free and confidential preventive health services for women in the Fraser Coast – Wide Bay Area.
- Cervical Screening / Pap smear
- Health information
- Breast awareness and education
- Any other health matters you wish to discuss

Make an appointment by calling 1300 090 760

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**CHILDREN BY CHOICE**
COUNSELLING, EDUCATION & INFORMATION
All options with an unplanned pregnancy
ABORTION - ADOPTION - PARENTING
An unplanned pregnancy may represent a crisis in a woman’s life.
Children by Choice provide counselling and support to women who are experiencing an unplanned pregnancy and unsure about their options.
Our services are non-judgmental and we offer referrals for abortion, adoption and parenting.

Free and Confidential
Call 1800 177 725

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**DV Connect (Qld)**
Statewide Domestic Violence Hotline
1800 811 811
24 Hours, 7 Days

Statewide Sexual Assault Helpline
1800 010 120
7.30am to 11.30pm 7 days
www.dvconnect.org

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**BreastScreen Queensland**
is at the
Hervey Bay Hospital
Make an appointment by calling 13 20 50 or 4150 2800
Women over 40 yrs are eligible
**What’s On At The Centre**

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**Mindfulness**

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing. It allows us not to be overly reactive or overwhelmed by what’s going on around us.

This workshop is an introduction to mindfulness and aims to provide you with proven techniques for use throughout your day.

**Tuesdays 9.30am - 12.00pm**

12th February, 2nd April, 4th June

Facilitated by Jennifer Duncan

Please contact the Centre on 4125 5788

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**FROM SURVIVING TO THRIVING**

**Anxiety and Depression Workshop**

A six week course that teaches skills to calm and regulate the stress (AKA Anxiety) response.

**Move away from depression and back into your life**

**Date:** Thursdays 14th February - 21st March

**Time:** 9.30am - 12.30pm

**Facilitator:** Tanya Barich

There is no charge for this workshop

Participants are encouraged to book early as numbers will be limited

Please phone the Centre on 4125 5788

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**Brain Rules For Aging Well**

**10 Principles for Staying Vital, Happy and Sharp**

Aging is mostly due to the breakdowns of our biological maintenance departments, our body’s increasing inability to repair the day-to-day wear and tear adequately.

Today, we humans are living much longer than we have for the majority of our existence. We are the only species capable of living past our prime.

The human brain is so adaptable that it reacts to changes not only in its environment but also within itself, your aging brain is capable of compensating for breakdowns in its own system as you get older.

**Tuesday 5th February 10.00am - 12.00noon**

Facilitated by Jenny Bill

Please phone the Centre on 4125 5788

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**WHO MOVED MY CHEESE?**

based on a popular book about change and adapting to change

When change happens, is it as sudden as we think or are there clues? Life is 10% of what happens to you and 90% of how you react to it!

This interactive 2 hour workshop includes watching a 16 min film-clip based on the book and features the four characters from the book: two mice, Sniff and Scurry, and two little people, Hem and Haw.

Cheese represents what we want in life – this could be a loving relationship, a great job, money, a possession, health, beauty, or spiritual peace of mind. We chase/pursue our Cheese because we believe it will make us happy.

If we get it, we often become attached to it
If we lose it or it’s taken away, it can be traumatic
Become someone who learns to find more cheese!

**Thursday 31st January 10.00am-12.00noon**

Facilitated by Jenny Bill

Please phone the Centre 4125 5788
The Wide Bay Women’s Health Centre is a free confidential service for Women By Women.

“It’s a Dynamic and vibrant organisation which facilitates the individual and collective growth and well-being of women”

The Centre is a point of contact for women in need of support, information, Counselling and/or referral. Please call for any further information.

We are open 9.00am to 5.00pm Monday to Thursday, and 9.00am to 2.00pm every Friday except for the last Friday of the month, when we are closed all day for Staff Training and Development, in order to assess and improve our services to the community.

Counselling

A free and confidential counselling service by appointment is available to all women in the area. Therapies include but are not limited to Mindfulness, Narrative and Acceptance and Commitment Therapy (ACT), Neuropsychotherapy and Sandplay Therapy.

The Wide Bay Women’s Health Centre Inc. is funded through the Department of Child Safety, Youth and Women. This funding allows us to provide programmes and services free of charge or for minimal cost.

Your donations are still greatly appreciated and put to good use.

Thank you

C O N T A C T  N U M B E R S

- Alcohol & Other Drugs: 1800 177 833
- Community Health Hervey Bay/M’brough: 4122 8733
- Community Rental Group: 4124 1183
- Domestic Violence: 1800 811 811
- Gambling Helpline: 1800 222 950
- Wide Bay Sexual Assault: 4194 5230
- Hospital Hervey Bay: 4325 6666
- Kids Helpline: 1800 551 800
- Taylor Street Legal Service: 4194 2663
- Legal Aid: 1300 651 188
- Lifeline: 13 11 14
- Narcotics Anonymous: 4123 6738
- Neighbourhood Centre HB: 4194 3000
- Neighbourhood Centre M’Boro: 4121 2141
- Parentline: 1300 301 300
- Poisons Information: 13 11 26
- Police Harvey Bay: 4128 5333
- Salvation Army Hervey Bay: 4125 1848
- Senior Citizens Harvey Bay: 4128 4837
- Seniors Legal and Support Service: 4124 6863
- Women’s Health Qld Wide: 1800 017 676
- Women’s Infolink: 1800 177 577
- Women’s Legal Service: 1800 017 278

The Wide Bay Women’s Health Centre Inc. has made every effort to ensure information contained within this newsletter is accurate. However, we accept no responsibility for any errors, omissions or inaccuracies. Any articles contained within this newsletter are for information purposes only and we accept no responsibility to persons who may rely upon this information for whatever purpose.

Wide Bay Women’s Health Centre
For Women By Women

If undeliverable please return to:
Wide Bay Women’s Health Centre
P O Box 5003,
TORQUAY QLD 4655

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