Welcome to 2019 and a full program of workshops and events at the Centre.

We would firstly like to give a special thank you to the women from the A Capella Bay Singers who have generously performed at our events, the last time at our Christmas Lunch. Their carols filled the Centre with the spirit of Christmas. We wish the Singers well when they compete in Hobart in May.

Thank you also to Karen and Jane from Laughter Yoga who filled the Centre with fun, laughter and good cheer. We are calling for expressions of interest for Laughter Yoga with Karen on Fridays at the Centre. There will be a fee of $4 per session.

Membership and Library Books
Are you a member of our Centre? It only costs $5 a year and you can then borrow books from our specialised library. We are acquiring new books all the time. Our latest additions are:

Cashless Debit Card Information Session - Expression of Interest
Are you concerned about how this card will affect you? We are planning information sessions with Department of Social Security representatives, so phone or call in to put your name on the list.

In partnership with Maryborough Neighbourhood Centre
The following workshops and events will be presented:
- **Mindfulness** 27 February 10am-12noon
- **International Women's Day** 8th March
- **Connect2Culture** 20th and 21st March 9.30-11.30am
- **DV Alert Awareness Lifeline** 15th May 9.30-11.30am
- **Well Women's Workshop** September date to be confirmed

Please ring the Maryborough Neighbourhood Centre on 4121 2141 to book.
I acknowledge all Aboriginal and Torres Strait Islander people as the Traditional Owners of this Country and their connection to land and community.

I acknowledge and pay my respects to all Traditional Owners our ‘Butchulla’ Elders, past and present whose country we live, work and play on.

GALANGEOR D’BUUTHBI
Good Morning in ‘Butchulla’ language

INDIGENOUS NEWS with Marj

National Close the Gap Day

National Close the Gap Day will take place on 21 March, 2019.

Aboriginal and Torres Strait Islander Peoples are dying 10–17 years younger than other Australians.

Closing the Gap is a government strategy. It aims to reduce disadvantage among Aboriginal and Torres Strait Islander people with respect to life expectancy, child mortality, access to early childhood education, educational achievement, and employment outcomes.

Contact your local Aboriginal and Torres Strait Islander health service to see if there is an event near you.

New Service/Program

Central Queensland Indigenous Development provides services to advance the wellbeing and prosperity of Aboriginal and Torres Strait Islander people across a large area of regional Queensland. Team members work collaboratively with professionals and communities to achieve positive outcomes for individuals, families and communities.

**********New**********

Family Participation Program - FPP
Helping your family and kids connect to community and culture

If there are worries or decisions about your kids, we can help make sure your rights are protected, that you have all the relevant information and that your voice is heard.

CQID’S Family Participation team helps Aboriginal and Torres Strait Islander families to develop their own action plans, to keep their kids safe and connected to family and culture. Our goal is to help our mob keep kids safe with family. The FPP will help you come up with a plan that will work for you and your kids, and we’ll help you get support to make your plan a success.

Who is this service for?
If you have worries about losing your kids, you can self-refer, ask the Department of Child Safety to refer you to CQID, or the Department of Child Safety may refer you directly. We can also help you get your kids back with family.

Contacts:
Hervey Bay:
Gina Woodman has recently commenced in the New program/service as Senior Family Participation Facilitator. Kyleigh Currie Family Participation Facilitator is based in Hervey Bay.

Bundaberg:
Tracy Brown - Family Participation Facilitator.

For more information, please contact

Gina Woodman – Senior Family Participation Facilitator
GinaWoodman@cqid.com.au  |  Phone: (07) 4313 1195
# February to June 2019 Workshops

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<tr>
<th>Date</th>
<th>Time</th>
<th>Workshop/Event</th>
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<tr>
<td>Tuesday 5th February</td>
<td>10.00am-12.00noon</td>
<td><strong>Brain Rules for Aging Well</strong></td>
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<td>10 Principles for Staying Vital, Happy, and Sharp</td>
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<td>Thursdays starting 7th Feb</td>
<td>5.15pm-6.15pm</td>
<td><strong>Meditation</strong></td>
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<td>Learn simple techniques to calm your mind focusing</td>
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<td>on the breath and body</td>
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<td>Tuesdays 12th February, 2nd</td>
<td>10.00am-12.30pm</td>
<td><strong>Mindfulness</strong></td>
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<td>Techniques for use throughout your day</td>
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<td>Thursdays 14th Feb-21st Mar</td>
<td>9.30am-2.30pm</td>
<td><strong>Stop Struggling with Anxiety and Depression</strong></td>
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<td>6 weeks</td>
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<td>A 6 week course that teaches skills to calm and</td>
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<td>regulate the stress response</td>
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<td>Wednesday 20th February</td>
<td>10.00am-12.00noon</td>
<td><strong>Indigenous Women’s Yarning Circle</strong></td>
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<td>Connecting together, sharing stories through</td>
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<td>yarning and weaving</td>
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<td>Monday 4th March</td>
<td>10.00am-2.30pm</td>
<td><strong>International Women’s Day - Qld Women’s Week</strong></td>
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<td>Join us for free pamper activities, information</td>
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<td>sharing and a light lunch</td>
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<td>Wednesdays 6th-27th March</td>
<td>10.00am-12.00noon</td>
<td>&quot;C&quot; is for Confidence</td>
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<td>4 weeks</td>
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<td>Building confidence, self-esteem and self-awareness</td>
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<td>Monday 18th March</td>
<td>10.00am-12.00noon</td>
<td><strong>Gut and Mind Connection</strong></td>
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<td>What connection is there between these two</td>
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<td>Thursdays 4th-18th Apr</td>
<td>9.30am-12.30pm</td>
<td><strong>Bereavement</strong></td>
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<td>Strategies for well-being when experiencing</td>
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<td>grief and loss</td>
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<td>Wednesdays 1st-22nd May</td>
<td>9.30am-12.30pm</td>
<td><strong>Positive Discipline in Everyday Parenting</strong></td>
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<td>4 weeks</td>
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<td>Solutions that help develop a child’s own self-</td>
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<td>discipline and life-long skills</td>
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<td>Thursdays 2nd May-6 June</td>
<td>9.30am-12.30pm</td>
<td><strong>Safe and Savvy</strong></td>
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<td>6 weeks</td>
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<td>Brain-wise ways to find and restore your sense of</td>
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<td>Mondays 20th May-3rd June</td>
<td>10.00am-12.00noon</td>
<td><strong>Well Woman</strong></td>
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<td>3 weeks</td>
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<td>Discussions on Nutrition, Fitness and Menopause</td>
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<td>Tuesday 28th May</td>
<td>10.00am-2.30pm</td>
<td><strong>National Reconciliation Week</strong></td>
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<td>celebrating cultures, inspirational speakers,</td>
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<td>cultural activities, song and dance</td>
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<td>Wednesday 29th May</td>
<td>9.30am-2.30pm</td>
<td><strong>Shark Cage</strong></td>
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<td>Develop a sense of personal boundaries</td>
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<td>Wednesdays 12th-26th June</td>
<td>10.00am-12.00noon</td>
<td><strong>Tree of Life</strong></td>
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<td>3 weeks</td>
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<td>Identify the aspects of your life that have created</td>
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Please call 4125 5788 to register for our workshops

## Other Community Events, Courses and Workshops

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<tr>
<th>Date</th>
<th>Location</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Tuesday 12th February</td>
<td>Sticky Fig Gallery Cafe 16/18 Boat Harbour Drive</td>
<td>Relax at the Memory Cafe (Centacare)</td>
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<tr>
<td>10.00am-12.00noon</td>
<td>Contact 4194 0172</td>
<td>a place where people with dementia and carers can be themselves, share</td>
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<td>stories, discover helpful hints or simply enjoy great company.</td>
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<tr>
<td>Tuesday 26th March</td>
<td>Contact 1800 100 500 or</td>
<td>Family Carer Course (Dementia Australia)</td>
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<tr>
<td>9.30am-2.30pm</td>
<td><a href="mailto:qld.services@dementia.org.au">qld.services@dementia.org.au</a></td>
<td>Practical strategies for managing day-to-day and understanding your own</td>
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<td>needs and the needs of those for whom you care.</td>
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<tr>
<td>Every Tuesday</td>
<td>APM Pialba, 5/65 Main Street</td>
<td>Eligibility for NDIS</td>
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<tr>
<td>please RSVP</td>
<td>Contact 1300 276 522</td>
<td>Information workshops for people with disabilities, families and carers.</td>
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<td>BRAIN RULES FOR AGEING WELL JENNY 10am-12pm</td>
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<td>INTERNATIONAL WOMENS DAY 10AM-12.30PM</td>
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<td>GUT and MIND CONNECTION 9.30am-12.00pm JENNIFER/SUYIN</td>
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<td>C is for CONFIDENCE 9.30am-12.30pm</td>
<td>ANXIETY AND DEPRESSION 9.30am-12.30pm TANYA</td>
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Why it pays to start your New Year’s resolution in February

We've all done it... made New Year's resolutions that only last a day. Or, if you're especially dedicated, a week after the 1st of January.

We might set them with the best of intentions, but more often than not, the promises we make to ourselves fall by the wayside. And we wind up where we started, with an extra dose of guilt for 'not seeing it through'.

If you've reached the end of 2018, with the feeling that 'something's got to change', then why not change up the way you view New Year's Resolutions or goal-setting in general?

For starters, let’s look at the timings of our resolutions, and why you might be better off waiting until February to kick things off.

The clock strikes midnight

The first day of the New Year can be a particularly tricky time to create healthy habits and break 'bad' ones.

You might be tired or feeling the effects from the night before. You may still be on holidays and not in your usual routine, or even in your own hometown. You might be recovering from a busy festive season – or a busy year's end – and need a moment to take a breath, rather than launch into the next project of 'New Year, New Me'.

The fact is, scheduling our New Year's resolutions to start precisely in the New Year can set us up for failure.

Why February can be better

Once February comes around, for most of us, the jingle-jangle of the festive season has settled down, and life has returned to some semblance of 'normal'. We're more likely to be back at work or studies, or back to our daily duties and into the swing of our everyday life.

So where does that leave us in January? Do we get another month of festivities? Not so fast.

Plant, plan, test

A key part of starting your New Year's resolutions in February – and seeing them through to success – is spending the month of January preparing, and planting the seeds for future high-fives.

Use the month to plan properly, and put yourself in the best starting position, rather than launching straight away and trying to sprint to the finish line.

Throughout the month, try out a few different variations of your goals, dip your toe into the water, and use the time to see what works for you.

For example, if your goal is to 'exercise more', spend the four weeks of January trying it out, and testing how it will work. Is three times a week doable? Too much, too little? What time of day works best? Visit your local gym if you've not been there before, explore your local parks for walking tracks, or try out a few exercise classes in your suburb. This way you'll have more options and be more familiar with what can keep you on track and what might lead you astray.

Come the 1st of February, you'll be in a position of power, armed with experience and know-how and good groundwork underfoot.

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

*a day of information sharing and pampering*

Monday 4th March 10am - 2.30pm

Learn about women's health issues and services in the community

** Invest in women. Invest in the future.**

---

**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.

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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**

---

**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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**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](http://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**
The Power of Change – Creating New Habits

Breaking unhelpful habits – or making good ones stick – is basically a form of what is known as behaviour change. This is a hot topic right now. It’s a process that has the power to improve health, both at an individual and a community level.

With the rise of chronic illnesses such as heart disease and type 2 diabetes, and mental health issues such as depression and anxiety, many public health experts believe behaviour change is the key to turning the tide of ill health.

Many chronic illnesses can be managed, or even prevented by addressing the modifiable risk factors – ie, the factors a person can control – associated with the diseases. Physical inactivity, tobacco use, obesity and excess alcohol use are all modifiable risk factors. Addressing these can, in turn, reduce our likelihood of getting an illness, or improve the management of an existing illness.

When behaviour becomes habit

So, how does something become a habit? University of Melbourne School of Population Health senior research fellow, Dr Adrienne O’Neil, says a behaviour may start for one reason and continue for another.

“We rarely continue performing a certain behaviour that does not provide us some sort of pay-off; this may be by way of an emotional, psychological and/or physiological response,” says Dr O’Neil.

How do we know that a habit has become bad for us? When it has begun to interfere with our normal daily life, says Dr O’Neil.

“We should ask if the behaviour is interfering with our relationships, work performance or preventing us from achieving a goal,” she says. “If the behaviour is detrimental, then it’s time for a change.”

Time for change

Dr O’Neil says one of the most widely used models in behaviour change is Prochaska and DiClemente’s ‘Stages of Change’. Used mainly in clinical settings, it assesses a person’s ‘readiness’. There are a few versions of it, but here is one:

Stages of change

1. Precontemplation: you have no interest in, or intention of changing, and may defend your current behaviour
2. Contemplation: you start to think about the issue and the possible need to make changes
3. Determination: you have accepted there is an issue and commit to change within the next month
4. Action: you have changed your behaviour within the past month
5. Maintenance: you have practised the new behaviour for at least a month.

“The model supports the idea that an individual needs to be ready to change in order for change to occur,” says Dr O’Neil. “There are also periods of our life in which we are more or less amenable to change – but I would never say ‘you can’t teach an old dog new tricks’!”

Make a plan

Jean Hailes psychologist Gillian Needleman says once you have the desire to change, it is then about realistic goal-setting and making a plan to help achieve it.

“Although the principles of behaviour change are fairly straightforward, implementing change requires dedication,” Ms Needleman says.

She says no matter the habit, the method to change it is the same. “I encourage my clients to set a global goal; for example, increase exercise,” she says. “Then the next step is to break down the overarching goal into smaller, measurable targets.”

Ms Needleman asks her clients to:

- think about potential psychological and physical barriers to the change
- ensure the plan is always being revised
- think of change as a process, rather than a single step
- answer the questions ‘how are you going to think differently?’ and, ‘what are you going to do differently?’

“Planning as comprehensively as you can ahead of time means that when the moment is needed for change to occur, there should be no surprises that may undermine the changes you are putting in place,” says Ms Needleman. “Along with your thinking, it is important to plan for the emotions accompanying the behaviour, and how to address these within the new behaviour.

“It is also crucial not to start from a point of failure. So if your self-talk is negative, have a number of counter-thoughts ready
to combat any initial pessimism. If we are our own 'inner coach', we are much more likely to accomplish behaviour change."

Ms Needleman says it is also important to look at how to begin the change in a practical manner. With exercise, for example, she says it is vital to know what motivates you, or stops you, from doing it.

"If you need to have your walking clothes out ready the night before to help you, then do it," she says. "If you find the weather is rainy and cold the next morning, have a plan B. It might be doing a 30-minute YouTube yoga sequence in the comfort of your own home.

"Be flexible and adaptive. If you find the approach is not working, tweak it slightly. And remember, the best way to implement change is to make it the pleasurable and easy option. Enlist a friend. Reward yourself, such as with a coffee after completing your walk, and be positive!"

Can change be achieved?

Under the right conditions, people can change successfully, says Ms Needleman, but it can take time.

"I encourage my clients to respect the plan and respect the process of change," she says. "Habit formation takes time, so be patient."

Dr O'Neil says if clinicians and researchers know the context in which behaviour change can occur, great progress can be made at individual and population levels.

"We are not fixed by our genetics, personality or environment," says Dr O'Neil.

"At an individual level, we know that the physiological, psychological or emotional need must be recognised and interrupted for change to occur."

Using the example of obesity, Dr O'Neil says there are many challenges at a population level, especially given the sedentary lifestyle and fast-food trends in many countries.

"But the potential for behaviour change to drive healthier people and populations is also enormous. There is much work going on in the field of behavioural economics to effect this type of change," she says.

Eating habits and behaviour change

Jean Hailes dietitian Kim Menzies says that when it comes to behaviour change, she encourages her clients to ask themselves several questions: "Is this habit serving me well?", "how did I get here", and "where are the checks and balances?"

Ms Menzies says that by questioning the behaviour or habit, we can help to identify whether or not it is still beneficial. The habit might be meeting a need or desire she says (eg, too little time to cook, so order take-away). But if the habit isn’t particularly healthy, then it might be time for a change.

Ms Menzies says she then works with her client to re-set the routine and help establish new habits.

Echoing Dr O’Neil’s sentiments, Ms Menzies says that most habits are originally formed due to a specific reason. "It may be that you are finishing your child’s leftovers on the plate because you do not want to waste food,” she says. "On the one hand, this habit is meeting a need in terms of not wasting food, but the trade-off is the increased food consumption beyond the parent’s needs."

Ms Menzies says encouraging her clients to think about whether or not the habit is promoting self-care is an effective way to help foster the desire to change. She says we can be guilty of putting our health needs last – particularly if we are at a busy phase of our lives – raising children, working, caring for elderly parents, for instance.

When making changes, Ms Menzies says it is important to understand we are individuals and there is no ‘one size fits all’ approach. Working with clients to tailor goals that are realistic and sustainable is the first step.

"It’s not about a quick change," she says. "Rather, it’s about sustainable goal-setting and giving the person the opportunity to establish a new habit for the long-term."

Change can be difficult, as it takes us out of our comfort zone. We’re also driven by the way we talk to ourselves, which can often be quite negative, says Ms Menzies. "I like to encourage my clients to take an inventory of their language and if we notice that the self-talk is shaming, we need to flip the conversation around," she says.

"I also want people to practise self-care. Ultimately, I want my clients to live by the mantra 'I'm worth it'."

3 things you can do to make positive changes

1. Set goals
   Set an overarching goal. Also be sure to set smaller targets that will help you reach your goal.

2. Address barriers
   Address psychological and physical barriers. How are you going to think differently? What are you going to do differently?

3. Be flexible
   Be flexible and adaptive. If things are not going to your plan, review and tweak it to make success more likely.
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 – 2.30pm
Light lunch provided
Please contact the Centre 4125 5788

Gut and Mind Connection

Have you ever wondered how these two magnificent organs are connected? Come and find out!

Monday 18th March 2019
9.30am - 12.00pm

Facilitated by Jennifer and Suyin

C IS FOR CONFIDENCE

This 4 week workshop will help assist women build confidence, self-esteem and self-awareness

Wednesdays 6th March – 27th March
9.30am – 12.30pm

Facilitated by Marj Speedy

Bereavement

A series of 3 workshops to assist women experiencing grief and loss and to provide coping strategies.

Facilitated by Tanya Barich

Thursdays 4th - 18 April
9.30am - 12.30pm
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

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

STOP STRUGGLING
with Anxiety and Depression

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

Meditation
Learn simple techniques to calm your mind

Join us for sitting, walking, standing and lying down meditation*

Our focus will be the breath, body, sensations and sound.

Suitable for all ages and abilities, beginners or seasoned meditators alike.

Weekly on Thursdays starting 7th February 2019
5.15pm - 6.15pm
facilitated by Monika

* all the sessions may be done while sitting in a chair if that is the most comfortable for you
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.

Copies of flyers and brochures are available for groups advertised in this newsletter.

COUNSELING

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

CONTACT NUMBERS

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 Harvey 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 677 278

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

Zenda
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