International Women's Day
8th March 2019
Thank you to everyone for making our International Women's Day event such a great success!

Special thanks to our guest speakers for sharing their inspiring stories: Alicia, Kille, Stephanie and Taylah. We were honoured to have a song composed and performed especially for our event by Taylah, the Indigenous Ambassador for the Urangan State High School.

Thank you to our other guest speakers for sharing valuable information about the services you provide in the community:

- Jennifer Duncan, Counsellor – History of International Women’s Day
- Paula Chalmers, Program Co-Ordinator of Urangan State High School Girls Academy
- Rhonda Crawford, Community Engagement Coordinator with Mission Australia
- Lainey Sanders and Roslyn Kitchen, members of the Fraser Coast VIEW Club
- Verneice Grygoruk, Uniting Care Gambling Support Group Hervey Bay

After a delicious lunch, we had a choice between a mini pamper session with Lyn, Kerri or Erica, Zumba with Leo, or weaving with Francis. While half the group were absorbed in their weaving, others joined Leo in Zumba-ing, while onlookers waited for their pamper session.

Thank you to Lyn Robe and Erica Neate, massage therapists, Kerri Moyle, reflexologist and massage therapist at Holistic Chiropractor, Leo Canapi from Danza Del Amor, and Francis Blair.

Appreciation to the following local community businesses (Our Local Champions) who donated our lucky door prizes and to Rhonda Crawford who first approached them:

- Treena from Salon 45 Hairdressing at Pialba Place for the haircut gift voucher
- Shirley & Donna from Spa Botanica at Oaks Resort for the spa package gift voucher

Finally, heartfelt thanks to Marj for once again organising this special event in the Centre’s calendar, with valuable assistance from Alicia, our volunteer.

Donate with Dignity
The ladies from the Fraser Shores Retirement Village generously donated to the Centre many handbags filled with personal products for women in need – many thanks for your kindness.
Good Morning in ‘Butchulla’ language

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.

National Reconciliation Week
#NRW2019
27 May – 3 June

Grounded in truth
Walk together with courage

To foster positive race relationships between Aboriginal and Torres Strait Islander peoples and the broader community, our relationship must be grounded in a foundation of TRUTH.

We walk together with courage, unlearning truths - a journey that may require walking together with courage to relearn true history.

Aboriginal and Torres Strait Islander peoples have long called for a comprehensive process of truth-telling about Australia’s colonial history.

Our nation’s past is reflected in the present, and will continue to play out in future unless we heal historical wounds.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

Today, National Reconciliation Week (NRW) is celebrated nationally by businesses, schools and early learning services, organisations and individuals.

The dates for NRW remain the same each year - 27 May to 3 June.

These dates commemorate two significant milestones in the reconciliation journey - the successful 1967 referendum, and the High Court Mabo decision respectively.

A Brief History
NRW started as the Week of Prayer for Reconciliation in 1993 (the International Year of the World’s Indigenous Peoples) and was supported by Australia’s major faith communities.

In 1996, the Council for Aboriginal Reconciliation launched Australia’s first NRW. In 2000, Reconciliation Australia was established to continue to provide national leadership on reconciliation. In the same year, approximately 300,000 people walked across Sydney Harbour Bridge as part of NRW, to show their support for reconciliation.

This NRW, we invite Australians from all backgrounds to contribute to our national movement towards a unified future.

National Reconciliation Week
at Wide Bay Women’s Health Centre
Join in the celebrations
27 May – 3 June
Tuesday 28th May, 2019
10am – 2pm

- For ALL women celebrating cultures
- Inspirational and motivational speakers
- Cultural activities include song, dance, weaving and beading

Light lunch provided
To book your place contact the Centre 4125 5788
### April to June 2019 Workshops

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Workshop/Event</th>
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<tbody>
<tr>
<td>Thursdays weekly ongoing</td>
<td>5.15pm-6.15pm</td>
<td><strong>Meditation Group</strong>&lt;br&gt;Learn simple techniques to calm your mind using the breath, body and sound</td>
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<tr>
<td>Tuesday 2nd April</td>
<td>10.00am-12.00pm</td>
<td><strong>Mindfulness</strong>&lt;br&gt;Techniques for use throughout your day</td>
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<tr>
<td>Thursdays 4th-18th April 3 weeks</td>
<td>9.30am-12.30pm</td>
<td><strong>Bereavement</strong>&lt;br&gt;Strategies for well-being when experiencing grief and loss</td>
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<tr>
<td>Wednesday 17th April</td>
<td>10.00am-12.00pm</td>
<td><strong>Indigenous Women’s Yarning Circle</strong>&lt;br&gt;Connecting through sharing stories, yarning and beading</td>
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<tr>
<td>Tuesday 30th April</td>
<td>10.00am-2.00pm</td>
<td><strong>Go Blue for Autism (venue to be confirmed)</strong>&lt;br&gt;Join us in celebrating Autism Awareness month in April</td>
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<tr>
<td>Wednesdays 1st-22nd May 4 weeks</td>
<td>9.30am-12.30pm</td>
<td><strong>Positive Discipline in Everyday Parenting</strong>&lt;br&gt;Solutions that help develop a child’s own self-discipline and life-long skills</td>
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<tr>
<td>Thursdays 2nd May-6 June 6 weeks</td>
<td>9.30am-12.30pm</td>
<td><strong>Safe and Savvy</strong>&lt;br&gt;Brain-wise ways to find and restore your sense of safety and wellbeing</td>
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<tr>
<td>Tuesday 7th May</td>
<td>10.00am-12.00pm</td>
<td><strong>DV-Alert</strong>&lt;br&gt;interactive presentation on issues of domestic violence</td>
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<tr>
<td>Tuesday 28th May</td>
<td>10.00am-2.00pm</td>
<td><strong>National Reconciliation Week</strong>&lt;br&gt;celebrating cultures, inspirational speakers, cultural activities, song and dance</td>
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<tr>
<td>Wednesday 29th May</td>
<td>9.30am-2.30pm</td>
<td><strong>Shark Cage</strong>&lt;br&gt;Learn how we develop our sense of personal boundaries and rights</td>
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<tr>
<td>Tuesday 4th June</td>
<td>10.00am-12.00pm</td>
<td><strong>Mindfulness</strong>&lt;br&gt;Techniques for use throughout your day</td>
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<tr>
<td>Wednesdays 12th-26th June 3 weeks</td>
<td>10.00am-12.00pm</td>
<td><strong>Tree of Life</strong>&lt;br&gt;Identify the aspects of your life that have created the unique you</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>Event</th>
<th>Date</th>
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<tr>
<td><strong>Moonaboola Arts Festival</strong></td>
<td>27th April 11am-9pm</td>
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<td>Broga Theatre, Maryborough</td>
<td><a href="mailto:mbrf.office@gmail.com">mbrf.office@gmail.com</a></td>
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<tr>
<td><strong>Gambling Support Group</strong></td>
<td>every Thursday 1.30pm-2.30pm</td>
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<td>Salvation Army</td>
<td>11 Robertson Street, Urangan 4191 3100</td>
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<tr>
<td><strong>Salvos Connect Community Cafe</strong></td>
<td>every Friday 10am-1pm</td>
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<td>Salvation Army</td>
<td>11 Robertson Street, Urangan 4125 1848</td>
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<tr>
<td><strong>Eligibility for NDIS</strong></td>
<td>every Tuesday please RSVP</td>
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<td>APM Pialba, 5/65 Main Street</td>
<td>Contact 1300 276 522</td>
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<td><strong>National Reconciliation Week</strong></td>
<td>30th May 8.30am-5pm Art</td>
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<td>Carers Qld Wide Bay</td>
<td>8/19-21 Torquay Road, Pialba 4197 2800</td>
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<td><strong>National Reconciliation Week</strong></td>
<td>30th May 10am-12pm Elders</td>
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<td><a href="mailto:widebay@carersqld.com.au">widebay@carersqld.com.au</a></td>
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<td><strong>Art Open Day!</strong></td>
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# APRIL 2019

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<td><strong>Autism Awareness month</strong></td>
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<td>INDIGENOUS YARNING CIRCLE 10am-12pm</td>
<td>BEREAVEMENT 9.30am-12.30pm</td>
<td>GOOD FRIDAY PUBLIC HOLIDAY</td>
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<td>EASTER MONDAY &amp; EARTH DAY PUBLIC HOLIDAY</td>
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<td>GO BLUE FOR AUTISM 10am-2pm</td>
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<td>Domestic Violence Awareness and Prevention month</td>
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<td>NATIONAL RECONCILIATION WEEK</td>
<td>National Reconciliation Week Event</td>
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Go Blue for Autism in April

April 2 is World Autism Awareness Day.
It's also the start of Autism Awareness Month in Australia and Autism Queensland’s annual Go Blue for Autism campaign.

Join us for our Go Blue for Autism event on Tuesday 30th April from 10am - 2pm (venue to be confirmed)

What is Autism?

Every person with Autism Spectrum Disorder (ASD) is different to another and has their own way of seeing the world, which makes them interesting and unique.

When someone has ASD, it means that their brains are wired differently to other people. However, the symptoms of ASD vary enormously from person to person.

People with ASD find it difficult to interact socially and communicate with others. As they often have difficulty understanding what other people are feeling and what interests others, they might say the wrong thing. They might talk for a long time about a topic they really like, as they are unaware that the topic is of no interest to others. They may not use gestures and body language in the way that other people do. For example they may not use eye contact and may not smile. However, their ability to communicate can vary tremendously, with some people with Autism having no or limited speech, and others having extensive vocabularies. Although people with ASD can find it difficult to talk to people and make friends, they still have the same emotions as anybody else and love to have friends, even if it’s hard.

People with ASD also like things to happen the same way. They might take the same route to school or the shops, or line up their toys in a particular order. If something is out of place or if routines change without warning, they can get upset or worried. They may also be bothered by sudden loud sounds, bright lights or unexpected touch that do not bother others. They may become upset if someone hugs them or talks too quickly or loudly. They often have intense interests in particular topics and may be extremely knowledgeable about their special interest areas. They can also have an amazing memory for detail.

Characteristics of Autism

ASD impacts all areas of a person’s life and how they cope in everyday situations.

Although incredibly variable, some of the challenges that may be experienced by the person with ASD could include:

- difficulty understanding what you say
- difficulty with eye contact and other nonverbal body language such as gestures and facial expression
- difficulty telling you what they want or need
- difficulty making conversation
- tendency to take things literally
- being awkward and ill at ease in a social situation
- unusual responses to sensory input including intense interest in or intense aversions to certain textures, sounds, movements, tastes or visual patterns or lights
- unusual or challenging behaviours in response to their confusion and stress
- significant learning difficulties
- outstanding skills in certain areas
- preoccupation with certain objects, topics, etc
- repetitive behaviours (such as hand flapping, body rocking, or finger flicking)
- always wanting to do certain things the same way or to keep things the same.

While all people can exhibit some of these characteristics at some point or another, it is the pattern of behaviours, their intensity, and the fact that they persist beyond the typical age that leads to a diagnosis of an Autism Spectrum Disorder.

**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

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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

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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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**Awareness Sessions**
recognise
different signs and forms of abuse
respond
with the skills and support to help
refer
to appropriate services

Tuesday 7th May
10am-12pm
Wide Bay Women’s Health Centre

Wednesday 15th May
9.30am-11.30am
Maryborough Neighbourhood Centre

presented in partnership with:
Friendships aren’t just about having people to share experiences with. As psychologist Caroline Anderson explains, friendships are crucial to not only our mental, emotional and overall health, but fulfil an innate human need too.

Learn why we crave close-knit friends, how to have micro-moments of connection with friends and strangers alike, and steps you can take to improve and expand your friendship circle.

**How many friends do we need?**

If good friends are so important to mental health, it begs the question: do more friends mean more health?

The internet is awash with what Ms Anderson refers to as 'pop psychology', citing a so-called magic number of friends to aim for.

"You’ll often read that having 3 to 5 friends is a nice amount. But I think it’s as simple as having one close connection," she says.

"We can have many connections around us, but if those connections aren’t meaningful – if they’re not based around emotional intimacy, developing trust, giving back and connection – then they aren’t going to be that effective anyway."

So, rather than thinking about quantity, focus on the quality and variety of your friendships, says Ms Anderson.

"Think about the strength of your connections. The types of friendships are important too. Friends can play different roles in our lives and we can have different friends for different kinds of relationships."

**Deep connections and deeper sleep**

From deep friendships to mates (and workmates) that you share good times or a funny story with, the importance of human connections in life is in fact no laughing matter. According to Ms Anderson, having close bonds with people actually fulfils a deep evolutionary need.

"If you think about our evolution as human beings, we are really designed to be in social groups," she says. "[As part of a tribe] we could hunt larger amounts of food that we couldn’t do by ourselves. We could build better shelter, have better protection from predators.

"Today, we have these huge societies and very complex social networks, but that desire to still have a close-knit community around us for our safety is really important."

So crucial are these connections that, according to some researchers, the human brain evolved with a clever protective mechanism which kicks into gear when we’re socially isolated. Even today, this mechanism can affect the sleep of lonely people, according to one study.

"In this particular study," explains Ms Anderson, "the participants who described themselves as lonely had more of what’s known as ’micro-awakenings’ in their sleep."

Micro-awakenings are small moments in which you wake up mid-sleep, but don’t remember; just short snippets of time where you rise a little from your slumber.

"The theory behind this link is if you’re lacking social connection and support, you don’t feel safe when you’re going to sleep," says Ms Anderson. "If something bad were to happen in the middle of the night, there’s no one out there to protect you.

"Early humans literally weren’t safe when they were asleep and away from their tribe. So, [if you’re lonely], your brain won’t let you go into a full sleep mode."

**Lighten your mental health load**

As well as potentially getting a better night’s sleep, one of the more obvious mental health benefits of friendship is simply having someone to share your day-to-day life with, says Ms Anderson.

"The process of just being able to say things out loud, in itself, is an incredibly healing and therapeutic thing to do," she says. "Sharing your experiences, thoughts, feelings… your ups and your downs.

"Then there’s all the fun stuff that comes with having friends – being able to engage in activities together."

For those struggling with depression and/or anxiety, giving a voice to what you’re going through can bring particular benefits, says Ms Anderson.

"A really important intervention [or practice] that I do with my clients is slowly encouraging them to have the strength and courage to open up to their friends about what they’re going through," she says.

However, sharing mental health struggles "can be one of the most challenging things to even contemplate" for some people, says Ms Anderson.

"My clients often say, ‘Yeah, I’ve got these friends around me, but no, I could never tell them that I’m seeing a therapist or that I’m struggling with depression or on antidepressants,’" she says.

"In all honesty though, it can be one of the most powerful
"If you’re feeling socially isolated, there are some simple yet effective ways to improve and expand your friendship circle..."

things that happens. When they do start talking about their mental health issues, a lot of the time their friend will say 'I've had that too', or 'my mum/my friend has gone through something similar'.

"So it really normalises these issues. And just to be heard and supported, even if the friend just listens and does nothing else, can be incredibly powerful."

**Social media vs socialising**

With so many connections taking place on social media these days, do we still need to spend time with friends in real-life to get the benefits? Absolutely, says Ms Anderson.

"There is a small connection that happens over social media. You can be in the loop about where people are or what they are doing, for example, but in terms of a benefit to our wellbeing, it's the face-to-face connection that really makes a difference."

**Improving your social connections**

If you’re feeling socially isolated, there are some simple yet effective ways to improve and expand your friendship circle.

"The first approach is to broaden or strengthen the relationships that you already have," says Ms Anderson.

"Start small. Look around at the people already in your social structure. Ask yourself: who could I do more things with, or have more connection with? Who could I message, who could I catch up with for a coffee?"

Once the social meet-ups or activities are happening, the next step often involves making the connection between you and the other person more meaningful.

**Meaningful answers**

Thinking about possible conversations ahead of time can be helpful for people who struggle with social anxiety, or who just find conversations difficult, suggests Ms Anderson.

"Think about what questions they might ask you. For example, if they ask you how you’re going, how can you answer in a meaningful way?"

A helpful saying that Ms Anderson gives her clients is 'Add one more'.

"You give your normal answer to the question, but then add one more sentence... add one more piece of information. It helps get you out of your comfort zone. It's very simple, but it really helps get the conversation flowing."

So rather than just replying 'Oh I'm fine, thanks', when asked how you are, add one more sentence such as 'I went to a great restaurant last night', or 'I've taken up paddle-boarding, and I'm really enjoying it' or 'Work has been really busy, but I've got some annual leave coming up'.

**Meaningful questions**

When it comes to what else you can bring to the conversation, Ms Anderson says to "have some pre-planned questions before you meet up and make them interesting, make them little bit different."

Instead of asking broad, open-ended questions such as 'how are you?' or 'what's new?', Ms Anderson suggests you get a bit more specific. For example, ask how a particular project they're working on is going, or about a specific person in their life.

"This shows your interest, develops the connection and then people want to give back and ask more meaningful questions of you too."

**Bigger networks & micro-moments**

Another approach for women lacking social connections is to cast your friendship net further afield and make new friends. "This is where technology can be really helpful", says Ms Anderson.

She suggests the MeetUp website, which lists social groups that you can connect with in your local area. "They cover every hobby and interest out there. For example, if you love bush-walking but don't have anyone to go with, there are groups for that. It's happening all around us!"

A final piece of advice from Ms Anderson is to practise connecting with people in micro-moments. Micro-moments are short connections that you can experience with anyone: friends, colleagues, strangers, even people who you may never see again.

"You might be at work and talking about what you did over the weekend. These types of conversation can sometimes feel really superficial. But if you put in some effort and bring some authenticity to conversation, it can feel really heart-warming and genuine."

In terms of the benefits of micro-moments, Ms Anderson refers to the interesting work of American researcher and psychologist, Barbara Fredrickson. "What she found was that these micro-moments can actually regulate your heart rate and release a burst of the feel-good hormone, oxytocin."

"In our busy world it's something that we forget to do. Just stop and realise the positivity and warmth that comes from general human connection."

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What’s On At The Centre

Bereavement

A series of three workshops to assist women experiencing grief and loss and to provide strategies for wellbeing.

**Thursdays 4th - 18 April**
9.30am - 12.30pm

*Facilitated by Tanya Barich*
for bookings please call the Centre 4125 5788

Indigenous Women’s Yarning and Beading Circle

*for all Aboriginal, Torres Strait and South Sea Islander Women connecting and yarning*

**Wednesday 17th April, 2019**
10am – 12noon

Come and have a cuppa and connect by sharing stories through yarning and beading.
Try beading with Lenore and create your journey through story beads

*Please contact the Centre 4125 5788*

Positive Discipline in Everyday Parenting

This four week parenting workshop is based on the four principles of Positive Discipline:
- Identifying your long-term parenting goals
- Providing love and structure
- Understanding how children think and feel
- Problem-solving

**Wednesdays 1st – 22nd May**
9.30am – 12.30pm

*Facilitated by Jenny Bill*
Please call the Centre on 4125 5788 to register

SAFE AND SAVVY

A six week course for women covering the following topics:
- Relationship Styles
- How to spot a snake
- Embracing Change
- Boundaries
- Healthy intimacy

**Thursdays 2nd May – 6th June**
9.30am – 12.30pm

*Facilitated by Tanya Barich*
for bookings please call the Centre 4125 5788
Go Blue for Autism

*Help us celebrate Autism Awareness month*

**Tuesday 30th April**
**10am - 2pm**
**venue to be confirmed**

- guest speakers
- local services NDIS, APM, Bush Kids
- activities
- networking
- pop up service information stalls

*any gold coin donations will go to Go Blue for Autism*

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 10am - 12pm**
**2nd April and 4th June**

**Facilitated by Jennifer Duncan**
**Please contact 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**
**5.15pm - 6.15pm**
**facilitated by Monika**

The SHARK CAGE

Ursula Benstead has developed the ‘Shark Cage’ framework metaphor as a practical tool for understanding and reducing re-victimization.

This workshop offers concrete and helpful strategies for change in women’s lives. Learning to recognize boundary violations through developing personal boundaries and identifying women’s rights.

**Wednesday 29th May**
**9.30am-2.30pm**

**Facilitated by Tanya Barich & Jennifer Duncan**
**for bookings please call the Centre 4125 5788**

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**Disclaimer**

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.

**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

**Contact Numbers**

- Alcohol & Other Drugs: 1800 177 833
- Community Health Hervey Bay/M'boro: 4122 8733
- Community Rental Group: 4124 1183
- Domestic Violence: 1800 811 811
- Gambling Helpline: 1800 222 050
- 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