



Wide Bay Women's Health Centre Inc.

ZENDA NEWSLETTER

FOR WOMEN BY WOMEN

AUGUST & SEPTEMBER 2026

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WBWHC Manager Lynette Denning with Karen Farnham Indigenous Womens Community Worker, and Aunty Marg Speedy at Maryborough NAIDOC Celebrations Flag Raising and presentations.



Indigenous News with Karen



I acknowledge and pay my respects to the 'Butchulla' Elders, and Leaders, past, present and emerging whose country we live, walk, work and play on .

NAIDOC Week Celebrations. Family fun day in city park

Celebrating 50 years of deadly! WBWHC had a stall at the NAIDOC Family Fun Day. Loads of people called in to say g'day and grab a show bag, the kids created baby Milbi's (turtles). The weather was a challenge however the community spirit was strong and the event was well attended.



Indigenous News with Karen

NAIDOC week 2026 kicked off with Flag raising on Butchulla Country - Maryborough City Park, with many attending cultural performances, art exhibitions and ceremonies. The NAIDOC Ball hosted at the Hervey Bay RSL Club was a great success, enough reason to dress up and have a fun time. Monday 6th July saw the Family fun day, despite the weather, a great turn up with many community stalls of information & activities.

Congratulations to all in front and behind the scenes, a mammoth task, to put it all together.

WBWHC and Friends, Ballroom Belles



Indigenous News with Karen

NAIDOC Week originated from the 1938 "Day of Mourning". On January 26 that year, Aboriginal activists led a landmark civil rights march in Sydney to protest 150 years of British colonisation and demand equal citizenship rights.

1938: On January 26, Indigenous leaders including William Cooper, Jack Patten, and William Ferguson held the Day of Mourning protest in Sydney, demanding citizenship rights and challenging the celebration of Australia Day.

1940–1955: The Day of Mourning was observed annually on the Sunday before Australia Day and became known as Aborigines Day.

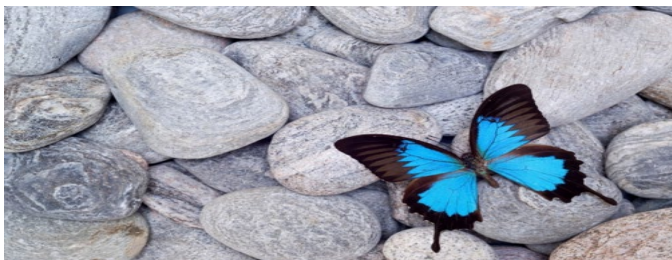
1955: Aborigines Day was shifted to the first Sunday in July to distance the occasion from January 26 and focus on celebrating Aboriginal culture rather than just protesting.

1957: The National Aborigines Day Observance Committee (NADOC) was established to organize the annual event.

1974: NADOC became composed entirely of Aboriginal representatives, and the celebration was extended from a single day to a week-long event.

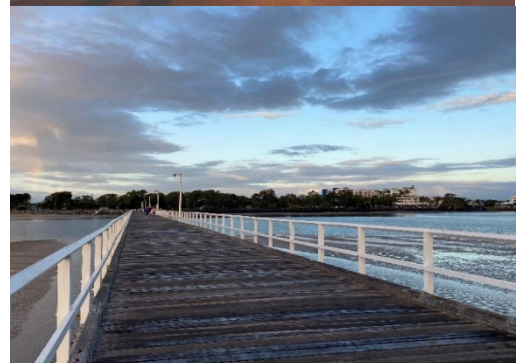
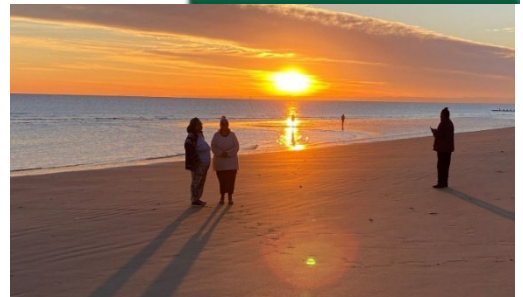
1975: The decision was made for the week to run across the country from the first Sunday to the second Sunday in July.

1991: The committee was expanded to recognize the distinct histories and cultures of Torres Strait Islanders, formally changing the name from NADOC to the National Aborigines and Islanders Day Observance Committee (**NAIDOC**) as it is known today.

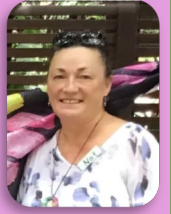


Butterfly Sisters Walk and Talk - long walks, longer chats, making new connections and refreshing old ones down at the beach, always finishing with a hot

coffee worthy of the early morning winter starts on beautiful Butchulla Country. All Welcome !!



NATS News



Community Engagement Worker

WBWHC and Sarina Russo - strengthening community connections Thursday 18 June 2026

Nat Keen, Community Engagement Worker, was invited to Sarina Russo Job Access, Australia to meet with Kylie Vollmerhause, Mentor - Parent Pathways, and the Mum's attending the weekly Parent Pathways Playgroup. Parent Pathways is a voluntary service that provides personalised and financial support to eligible parents and carers of children up to the age of 6 years. Parent Pathways is about parents and carers and their individual needs.

Nat spoke about the free counselling services available at Wide Bay Women's Health Centre and the ongoing wellbeing workshops.

The importance of Self-Care for Mum's and carers was emphasized as you can't fill your children's cup, if your cup is empty.

A few simple Self-Care strategies and micro-moment activities kept the discussion light and objectives achievable. Each attendee left with a Wide Bay Women's Health Centre Bag, containing detailed Self-Care information, an online mental health resources list and apps to explore, plus a few other goodies.

Kylie advised that she has a few clients in mind already to refer for counselling, and Nat agreed that a monthly visit to the playgroup to speak about a women's health topic would be beneficial to all.



Celebrating 46 years of embracing disruption, fostering innovation, and positively impacting the lives of students and jobseekers of all abilities. Our DNA has not changed – we are changing our communities one job and one qualification at a time.



NEURO FLOW WORKSHOPS

Learn how doodling can create calm

Come along and learn some simple neurographic art techniques to help you think about problems differently and relax.

Book now: phone 4125 5788
Enquiries: info@wbwhc.org.au
www.wbwhc.org.au

 Wide Bay Women's Health Centre Inc.



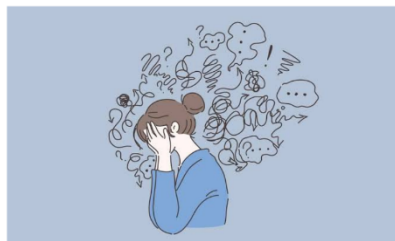
10AM TO 12PM

MONDAY'S IN 2026:

20 & 27 JULY
3, 10, 17, 24 & 31 AUG
7 & 14 SEPT
12, 19 & 26 OCT
2, 9, 16, 23 & 30 NOV



8 Truro Street
Torquay Qld 4655



10AM TO 12PM

2 X TUESDAY'S
18 & 25 AUGUST
2026

2 DAY ANXIETY & DEPRESSION WORKSHOP

This course runs over two days and is Based on Acceptance and Commitment Therapy (ACT).

ACT teaches acceptance and mindfulness skills to increase our acceptance of uncomfortable thoughts and feelings, and focus our energies on actions that will lead to a more satisfying life.

The more you engage in the exercises we will cover in this course the more benefit you will gain from them. Some of these exercises will be very different from how you usually apply to reduce your anxiety, so they will take practice and commitment.

Book now: phone 4125 5788
Enquiries: info@wbwhc.org.au
www.wbwhc.org.au



8 Truro Street
Torquay Qld 4655



Wide Bay Women's Health Centre Inc.



POETRY WORKSHOPS

Ever wanted to play with words, express your creativity, and discover your inner poet?



10AM TO 12PM

WEDNESDAY'S:
5, 19 & 26 AUGUST
2026

Book now:
Phone 4125 5788

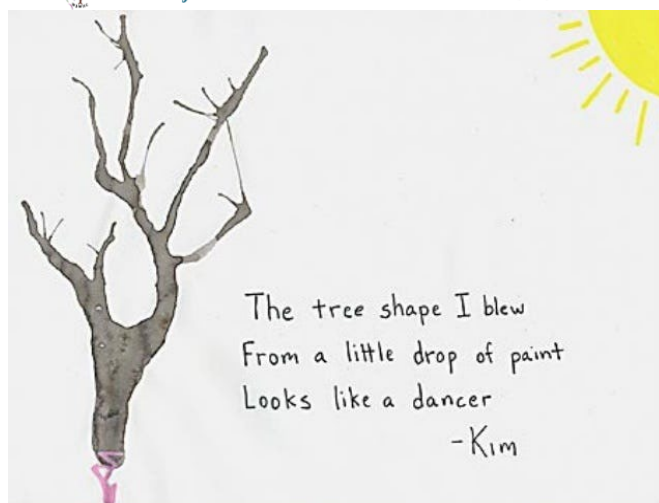
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8 Truro Street
Torquay Qld 4655



Wide Bay Women's Health Centre Inc.



AUGUST

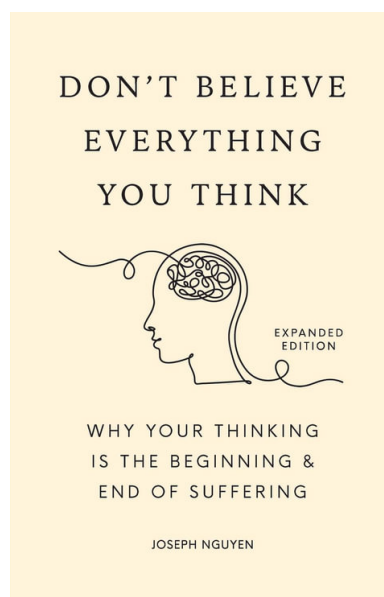
Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
					1	2
3. Neuro flow	4.	5. Poetry	6. Chair Yoga	7.	8	9
10. Neuro flow	11.	12.	13. Chair Yoga	14.	15	16
17. Neuro flow	18. Anxiety and Depression	19. Poetry	20. Chair Yoga	21.	22	23
24. Neuro flow	25. Anxiety and Depression	26. Poetry	27. Chair Yoga	28.	29	30
31. Neuro flow						

**Life is full and overflowing with the new.
But it is necessary to empty out the old to make room for
the new to enter.**

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3 Chair Yoga	4	5	6
7 Neuro flow	8	9	10 Chair Yoga	11	12	13
14 Neuro flow	15	16	17 Chair Yoga	18	19	20
21 School Hols	22	23	24	25	26	27
28 School Hols	29	30				

BOOK REVIEW



In this book, you'll discover the root cause of all psychological and emotional suffering and how to achieve freedom of mind to effortlessly create the life you've always wanted to live.

Although pain is inevitable, suffering is optional.

This book offers a completely new paradigm and understanding of where our human experience comes from, allowing us to end our own suffering and create how we want to feel at any moment.

In This Book, You'll Discover:

- The root cause of all psychological and emotional suffering and how to end it
- How to become unaffected by negative thoughts and feelings
- How to experience unconditional love, peace, and joy in the present, no matter what our external circumstances look like
- How to instantly create a new experience of life if you don't like the one you're in right now
- How to break free from a negative thought loop when we inevitably get caught in one
- How to let go of anxiety, self-doubt, self-sabotage, and any self-destructive habits
- How to effortlessly create from a state of abundance, flow, and ease
- How to develop the superpower of being okay with not knowing and uncertainty
- How to access your intuition and inner wisdom that goes beyond the limitations of thinking

No matter what has happened to you, where you are from, or what you have done, you can still find total peace, unconditional love, complete fulfillment, and an abundance of joy in your life.

No person is an exception to this. Darkness only exists because of the light, which means even in our darkest hour, light must exist.

Within the pages of this book, contains timeless wisdom to empower you with the understanding of our mind's infinite potential to create any experience of life that we want no matter the external circumstances. *Don't Believe Everything You Think (Expanded Edition)* is not about rewiring your brain, rewriting your past, positive thinking or anything of the sort.

We cannot solve our problems with the same level of consciousness that created them. Tactics are temporary. An expansion of consciousness is permanent.

This book was written to help you go beyond your thinking and discover the truth of what you already intuitively know deep inside your soul.

Available for loan at the Centre Library – Membership only \$5 each financial Year.

The Centre Website is currently undergoing construction while a new and improved site is being built. We will keep you posted on the progress and will advise when it is up and running at full speed.

Exciting times ahead. In the mean time you can see our flyers for workshops and any updates on Facebook Page.

TIME TO RENEW MEMBERSHIP?

Membership period. It is from **1 July 2026 - 30 June 2027**

Membership fees help to fund our Centre activities, access to our self-care library, and an emailed copy of our bi-monthly newsletter. If you want to **renew or join**, you can call into the centre to renew or go to our Webpage **wbwhc.org.au** then **Resources** and you will see the membership form and also previous newsletters.

Annual membership only \$5.00

From the Manager

Hello Again

As you can see our Community Engagement Worker **Nat**, has been busy preparing some new (FREE) workshops for you to come along to enjoy.

Please remember to book and call the Centre if you can't make it to either workshops or Counselling sessions.

Recently it was my great pleasure to receive funds from the **Gambling Community Benefit Fund** grant (pictured here being presented by MP David Lee) this very welcome donation will be put to good use at our Centre providing long overdue upgrades to our WIFI internet and computer systems .

Exciting times ahead, we will be expanding our Centre soon to include more Counselling rooms and extended reception area.

We will keep you informed on the progress via our FACEBOOK page as our WEBSITE is currently undergoing a much needed and important upgrade, making it easier to see and use.

Hope you have been keeping well in the winter months, summer will soon be here.

In the meantime, we look forward to seeing you in Spring with new beginnings.

Lynette



Love without pain



Meditation workshop with
visiting teacher Gen Kelsang Ani

Saturday 22 August - 9.30am to 2.00pm

Urangan Community Wellness Centre
Elizabeth St, Urangan | Cost: \$65

More info: <https://meditateinbrisbane.org/hb-love>



The power of A CALM MIND



Public Talk with visiting teacher
Gen Kelsang Ani

Thursday 20 August - 7pm to 8.30pm

Urangan Community Wellness Centre
Elizabeth St, Urangan | Cost: \$20

More info: <https://meditateinbrisbane.org/hb-calm>



signs of BURNOUT



exhaustion



isolation



escape fantasies



irritability



frequent illness

healthline

COPING WITH COMPASSION FATIGUE

NOTICE WHEN
YOUR THOUGHTS
BECOME
NEGATIVE

SET BOUNDARIES
AND RECOGNIZE
YOU HAVE AN
IDENTITY OUTSIDE
OF CAREGIVER

BE CURIOUS
ABOUT WHAT
YOU CAN SAY
"NO" TO

WHENEVER
POSSIBLE, TAKE
MINDFUL BREAKS TO
GROUND YOURSELF
IN PRESENT
MOMENT

PRACTICE CONSCIOUS
EMPATHY. OBSERVE A
PERSON'S SUFFERING
WHILE NOT ATTACHING TO
IT



@positive REGARD_for_you



Keep Watering Yourself With:

- Good thoughts
- Good people
- Patience
- Empathy
- Healing
- Hope
- Open mind
- Kind words
- Self-belief
- Acceptance
- Love



Cultivating Mindfulness in Your Daily Life

Embrace a Calm, Non-Reactive Attitude

If you're wondering how to practice mindfulness in daily life, one of the key aspects is cultivating a calm, non-reactive attitude. Instead of getting caught up in trivial matters, try to adopt a serene and measured approach to life. This can significantly improve your overall well-being by preventing minor issues from becoming major stressors. Start by recognizing the futility of worrying about unimportant problems. Often, situations seem worse when we're feeling low, so it's crucial to understand that many worries are quite minor in the grand scheme of things. Embrace the perspective that life isn't an emergency. This shift in mindset can transform how you perceive the significance and urgency of different challenges. A helpful technique to

gain perspective is "time warping." Imagine your current problem in the context of future events. You'll often find that issues you initially perceived as urgent are, in reality, trivial.

Let Go of Control and the Need to Be Right

Mindfulness involves letting go of the need to always be in charge or prove you're right. This approach can lead to a more peaceful and fulfilling life. Try to provide feedback or suggest adjustments to someone's actions only when it's absolutely necessary. Pointing out flaws in others frequently leads to defensiveness and doesn't resolve issues. Instead, embrace the unforeseen and acknowledge the natural imperfections that come with it. By accepting your mistakes and releasing the quest for perfection, you can pave the way for a life filled with greater tranquillity. This acceptance can also foster better relationships as it reduces defensiveness in interactions.

Cultivate Flexibility and Adaptability

Developing the ability to remain calm and flexible when unexpected changes occur is a crucial aspect of mindfulness. Recognize that adhering too rigidly to schedules and expectations can lead to increased stress. By nurturing patience, especially in tough times, you can keep your attention anchored in the present and prevent circumstances from escalating. Embrace a mindset that's receptive to adapting to new circumstances as they unfold. This strategy could enhance your productivity by conserving energy that would typically be drained by worries and tension.

Practice Compassion and Understanding Cultivating compassion is an essential part of mindfulness. It requires the readiness to empathize by imagining yourself in another's situation. Recognize that the pain and frustrations of others are equally intense and real as your own. This fosters a sense of empathy and compassion. Try viewing others as "enlightened" while making an effort to comprehend their viewpoints. By perceiving everyone around you as teachers, you can develop a mindset focused on learning and curiosity. This approach can foster tolerance and insight, reducing the likelihood of annoyance. Another way to practice compassion is by carrying out kind deeds spontaneously without anticipating any reward or return. This amplifies the happiness derived from acts of generosity and sets a positive example that motivates others.

Embrace Humility and Self-Acceptance

Acknowledging your own boundaries and flaws can cultivate humility. Appreciate your intrinsic value and that of others to strengthen this quality. By recognizing your flaws without engaging in self-reproach, you can foster self-acceptance and steer clear of the constant need for approval.

Avoid the temptation to excessively seek validation or flaunt your achievements. Instead, find satisfaction in selfless deeds and charitable actions. Embrace self-validation and take pride in your achievements without seeking external affirmation. This approach cultivates a serene confidence that deepens your connection with others.



Karma

When a bird is alive, it eats ants.
When the bird is dead, ants eat the bird.
Time and circumstances
can change at any time.
Don't devalue or hurt anyone in life.
You may be powerful today,
but remember,
time is more powerful than you.
One tree makes a million match sticks
but only one match is needed
to burn a million trees.
So be good and do good.

Practice Gratitude Daily

Make it a habit to express your appreciation and acknowledge the efforts made by others. Set aside time each day to consider those to whom you could show appreciation or extend kind wishes. Begin each day by actively acknowledging and expressing gratitude for a cherished person in your life. Recognize and commend the positive qualities of those around you. Articulating appreciation can foster a setting brimming with affection and have a beneficial effect on all participants. These practices foster tranquillity and contentment by highlighting your current blessings rather than focusing on what's missing. By incorporating these mindfulness practices into your daily routine, you can cultivate a greater sense of peace, understanding, and fulfillment in your life. Remember, mindfulness is about recognizing and valuing life's moments in real-time, ensuring that your everyday actions align with your individual beliefs and the pursuit of tranquillity.

View Obstacles as Opportunities for Growth

Embracing a new viewpoint can alter your approach to life's challenges, turning apparent crises into chances for self-

improvement. Welcome challenges as they present opportunities for growth. By perceiving obstacles as chances to evolve, you might discover that your stress levels become easier to handle.

Try to steer clear of becoming entangled in the emotional turmoil that issues can provoke. Consider the difficulties of today in the grand scheme of an entire century to equip yourself with the appropriate outlook to handle what you see as critical situations without excessive worry.

View of Others' Behaviours

Nurture a sense of curiosity rather than engaging in criticism to reduce irritation you might feel due to others' actions. Embrace a perspective similar to that of an anthropologist, shifting your focus from evaluating others to becoming fascinated by the diverse methods people employ to navigate their existence.

Acknowledge that every individual operates based on their unique worldview. This can deepen your understanding and compassion towards both your own path and those of others. By embracing and appreciating diversity, you can cultivate a mindset that respects and demonstrates humility during your interactions with others.

Let Negative Thoughts Pass Without Scrutiny

Recognize that negative emotions can be triggered by your thought process. Our unhappiness often arises directly from harbouring negative thoughts regarding our existence. By identifying the link between our thoughts and feelings promptly, we can prevent negative emotions from intensifying.

Instead of dissecting negative emotions, which often results in increased negativity, steer yourself toward peace by acknowledging that such emotions are fleeting. Treat negative thoughts as mere distractions that disrupt your pleasure, quickly dismissing them and proceeding with your tasks.

Allocate Time for Peaceful Reflection

Setting aside time each day for peaceful reflection is crucial for cultivating a life rich in mindfulness. Dedicate a specific portion of your day to solitary pursuits like meditation, yoga, or enjoying moments of peace. These activities aid in relaxing, gaining mental focus, and improving your capacity for concentration and creativity. Even a short meditation practice spanning merely a few minutes can bring about a multitude of benefits. In a tranquil environment, focus on rhythmic breathing while cultivating an alertness that reduces the chaos of a busy schedule. Yoga complements this by integrating physical postures with mindful breathing, leading to a calmer and more centered mindset. ***Don't Sweat the Small Stuff, Richard Carlson***

Who Said That !

Meryl Streep said: Aging is not for the faint of heart. One day, you wake up and realize youth has quietly slipped away. But it didn't leave alone. It took with it your insecurities, your rush to please, your fear of not being enough. And in its place - It left you with something stronger. A slower pace, but a steadier step. The wisdom to say goodbye without fear. The grace to cherish those who choose to stay. The power to be you, unapologetically. Aging isn't about losing — it's about letting go. It's about learning to accept, to release, and to truly see: That beauty was never just in the mirror... It lived in every story, scar, and silent strength we carried within. Aging is a gift. Wear it with dignity.

Helen Mirren once said:

Before you argue with someone, ask yourself, is that person even mentally mature enough to grasp the concept of a different perspective. Because if not, there's absolutely no point.

Not every argument is worth your energy. Sometimes, no matter how clearly you express yourself, the other person isn't listening to understand—they're listening to react.

They're stuck in their own perspective, unwilling to consider another viewpoint, and engaging with them only drains you. There's a difference between a healthy discussion and a pointless debate.

A conversation with someone who is open-minded, who values growth and understanding, can be enlightening—even if you don't agree. But trying to reason with someone who refuses to see beyond their own beliefs? That's like talking to a wall. No matter how much logic or truth you present, they will twist, deflect, or dismiss your words, not because you're wrong, but because they're unwilling to see another side.

Maturity isn't about who wins an argument—it's about knowing when an argument isn't worth having. It's realizing that your peace is more valuable than proving a point to someone who has already decided they won't change their mind. Not every battle needs to be fought. Not every person deserves your explanation.

Sometimes, the strongest thing you can do is walk away—not because you have nothing to say, but because you recognize that some people aren't ready to listen. And that's not your burden to carry.



"May the Force be with you" is charming but it's not important. What's important is that you become the Force – for yourself and perhaps for other people." – **Harrison Ford*

This is the key to life: the ability to reflect, the ability to know yourself, the ability to pause for a second before reacting automatically. If you can truly know yourself, you will begin the journey of transformation." – **Deepak Chopra*

"I was blessed to look well and retain a youthful look but that was just genes. I was disappointed when critics started pointing out my wrinkles. I thought you mean this is what it's gonna be about now? I'm not going to be permitted to be human?" – **Robert Redford*

OTHER SERVICES

CONTACT NUMBERS

Alcohol & Other Drugs	1800 177 833
Community Health H Bay/Maryborough	4122 8733
Community Rental Group	4124 1183
DV Connect	1800 811 811
Gambling Helpline	1800 222 050
Wide Bay Sexual Assault	4194 5230
Hospital Hervey Bay	4325 6666
Kids Helpline	1800 551 800
Wide Bay Burnett Comm. Legal Services	4194 2663
Legal Aid	1300 651 188
Lifeline	13 11 14
Narcotics Anonymous	4123 6738
National Debt Hotline	1800 007 007
Neighbourhood Centre Hervey Bay	4194 3000
Neighbourhood Centre Maryborough	4121 2141
Parentline	1300 301 300
Poisons Information	13 11 26
Police Hervey Bay	4128 5333
Salvation Army Hervey Bay	4125 1848
Senior Citizens Hervey Bay	4128 4838
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 957 957
Yarn	13 92 76

DV Connect (Qld) State-wide Domestic Violence Hotline **24 hours, 7 Days. State-Wide Sexual Assault**

Helpline 1800 010 120

7:30am to 11:30pm 7 days

www.dvconnect.org

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

Providing Women in the Fraser Coast – Wide Bay Area, access to holistic preventive healthcare. This is a free and confidential service for women, no referral needed.

- Cervical Screening
- Health information
- Hormone replacement, Menopause
- Breast awareness and education
- **Any other health matters** you wish to discuss

Make an appointment by calling Wide Bay Hospital and Health Service. 1300 090 760

or make a booking online

<https://www.widebay.health.qld.gov.au/patients-and-visitors/womens-health-appointments>

- **ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICES - 1800 012 255**
- **BNTAC –BUTCHULLA NATIVE TITLE ABORIGINAL CORP- 4338 7600**
- **BUNDA'S DREAMTIME PLAYGROUP - 1800 171 882**
- **BUTCHULLA ABORIGINAL CORPORATION – 4124 9144**
- **CQID-CENTRAL QUEENSLAND INDIGENOUS DEVELOPMENT – 4313 1195**
- **DATSIP - 4183 9107**
- **GALANGOOR DUWALAMI PRIMARY HEALTH CARE SERVICE- 4194 5554**
- **HERVEY BAY PCYC (INDIGENOUS WORKER) - 0436 420 599**
- **HERVEY BAY HOSPITAL INDIGENOUS HEALTH – 4325 6670**
- **IUIH HOME SUPPORT HERVEY BAY – 1300 852 598**
- **KALÁNG RESPITE CARE CENTRE – 4124 7780**
- **KAHWUN WOOGA ABORIGINAL & TORRES STRAIT ISLANDER CORPORATION:**
- **FOR COMMUNITY DEVELOP. – 4123 5910**
- **POLICE LIAISON OFFICERS – 4128 5333**
- **MOONABOOLA COMMUNITY DEVELOPMENT ATSI CORPORATION – 4114 1908**
- **MARYBOROUGH ABORIGINAL CORP FOR HOUSING & CULTURAL DEVELOPMENT – 4122 4382 / 0498 578 110**
- **UNDERNOO KINDERGARTEN – 4121 5831**

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.

Opening Hours:

Monday, Wednesday and Thursday 9.00am - 5.00pm

Tuesday: 9.30am - 5.00pm

Friday: 9.00am - 2.00pm.

The Centre is closed on the last Friday of every month

WIDE BAY WOMEN'S HEALTH CENTRE Inc
8 Truro Street
PO Box 5003 TORQUAY QLD 4655
Phone: 07 4125 5788

Email: info@wbwhc.org.au

Website: www.wbwhc.org.au

& Facebook

Copies of flyers for workshops advertised in this newsletter are available on our website or at the centre

The Wide Bay Women's Health Centre Inc. is funded through the Department of Families, Seniors, Disability Services and Child Safety. This funding allows us to provide programs and services free of charge or for minimal cost. Should you wish to donate, your donations are still greatly appreciated and put to good use

Counselling

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

WE DO NOT PROVIDE ANY MEDICAL SERVICES

Counsellor or Workshop Bookings.

We realise that at times not being able to attend an appointment is unavoidable, but please be mindful if you cannot attend a booked counselling or workshop session.

PLEASE phone the Centre to cancel as soon as possible.

The Wide Bay Women's Health Centre Inc. has made every effort to ensure the 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.



LUNCH AND LEARN

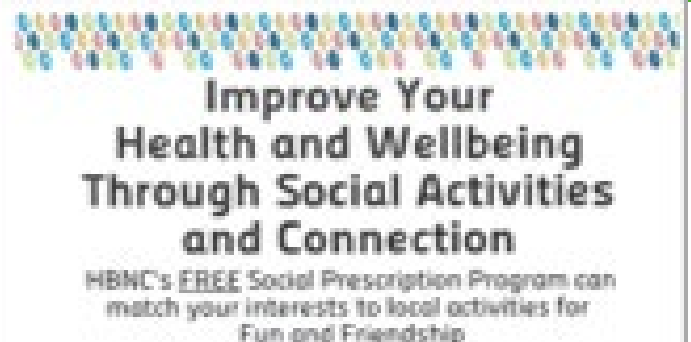
Second Wednesday each Month
11:30am - 1:00pm
Orangan Community Wellness Centre
\$10 for two-course meal, plus tea and coffee

Join us monthly for a delicious meal, meet some new members of your community, engage in new knowledge and hear from exciting speakers. A new topic will be presented each month aimed at improving knowledge about health, wellbeing and other interesting topics.

Bookings essential.
Book at www.hbnc.com.au/events or phone 4194 3600
Cancellations made within 48 hours of the event are non-refundable and non-transferable for future events

Rotary Hervey Bay Service
HBNC Learning Community Association

This event is proudly sponsored by Rotary Club of Hervey Bay Sunrise



Improve Your Health and Wellbeing Through Social Activities and Connection

HBNC's FREE Social Prescription Program can match your interests to local activities for Fun and Friendship

Where: Orangan Community Wellness Centre
What: HBNC's Connecting Communities Social Prescription Program
How: Book an appointment with one of our team by calling 075 4194 3600
Cost: FREE. This program is funded by the Queensland Government's Community Innovation Fund.

Rotary Hervey Bay Service
HBNC Learning Community Association

Tiny Beginnings Strong Futures

TUESDAY 4TH AUGUST 2026

9:30AM – 4PM

BOTANICAL GARDENS, URANGAN

Let's celebrate and welcome babies born in 2025 with love and laughter, hosting an under 5s free community event brought to you by:



5th Annual Yellow Rose Awards & Luncheon

29 AUGUST 2026 | 11:30 AM - 2:30 PM
Bankia Seafood & Grill Restaurant

Join us in celebrating outstanding women who have made a positive impact on the lives of many in our local community and help us raise funds to support local community initiatives.

LUNCHEON TICKETS
\$89 per person

MAJOR RAFFLE:
\$5 per ticket or
5 tickets for \$20

Luncheon Ticket includes:

- Refreshing drink on arrival
- 3-course meal
- Entertainment by Rhapsody String Duo
- Door prize and best dressed prizes
- PLUS: More than a dozen exclusive raffle prizes to be won! Exclusive only to luncheon attendees, raffle tickets will be on sale at the event.

Prizes:

1st Prize: Verve Photography voucher — valued at \$1,095, capturing life's most beautiful moments from Verve's studios in Brisbane, Sydney or Melbourne (voucher fully transferable)

2nd Prize: Ashleigh Manley Art original artwork — valued at \$270, a stunning piece from this celebrated local artist.

3rd Prize: Jumbuck BBQ — valued at \$229, perfect for outdoor family gatherings, donated by Bunnings.

Booking by 15 August is a MUST!

SCAN THE QR CODE TO BUY EVENT & MAJOR RAFFLE TIX!

Drawn at the 2026 Yellow Rose Luncheon event. Winner need not be present at the draw.

RIVER HEADS BLUES

Women in Blues

12 SEPTEMBER