

Mossman Port Douglas Counselling Services

20 Mill Street Mossman QLD 4873 / 8 Blake Street Port Douglas QLD 4877
Ph 0427 807 729 Email: admin@mossmanportdouglascounsellingservices.com.au

CONNECT

Newsletter Edition No 2: February 2021

We provide customised support to empower individuals, families, and our wider community

Welcome to the 2nd edition of *CONNECT*, a newsletter from **Mossman Port Douglas Counselling Services**. *CONNECT* is published every 2 months, and is intended to enable members of our Shire to make new connections; to learn, share, support and embrace community in our beautiful Shire!

Mossman Port Douglas Counselling Services is open every Monday and Wednesday afternoons in Port Douglas (1pm-6pm). We are hiring the QCWA premises (8 Blake Street Port Douglas). Our Services can also provide counselling support in Mossman, by arrangement and availability. We provide professional, confidential and affordable counselling support for children (ages 5+), youth, adults, couples, families, and seniors. We also offer Professional Supervision, assorted Workshops, an Employee Assistance Program; and an affordable weekly Support Group for Adults commenced on Monday 1st February 2021 in Port Douglas (1:15pm-2:15pm, \$10pp/session). This Support Group for Adults is being trialled weekly during February with a review for March and going forward. **Counselling is by appointment - you can phone, email, or message us through our Facebook page.** We can also arrange to provide our Services via phone, Skype and Zoom.

Mossman Port Douglas Counselling Services is in the unique position to be able to offer our Shire community the choice to see either a female or male Counsellor.

AN INVITATION TO OUR SHIRE COMMUNITY

We respectfully invite individuals or families in our local Shire to provide us with information about your **culture** – perhaps some history, a recipe, or a day of celebration...and we may publish this in one of our future newsletters.

Please ensure that your contribution does not exceed 300 words and if also sending a photo, please reduce pixel size and send a maximum of two photos. Please ensure you reference anything you are not the author of as we will credit the author (we will also credit your contributions, or you can remain anonymous if that is your preference).

We also extend this invitation to our local Service Providers working with: people living with a disability, Aboriginal and Torres Strait Islander peoples, multi-cultural, gender diverse, youth, and our aging populations.

Please email your newsletter contributions for considerations to:
admin@mossmanportdouglascounsellingservices.com.au Thank you.

Mossman Port Douglas Counselling Services recognises the courage it can take for people to ask for assistance and to engage in the counselling process.

- All clients accessing our Services, regardless of race, religion, gender, social standing, ability, and/or need will be treated with dignity and respect, and be warmly welcomed.
- All clients accessing our Services will have their rights clearly explained and be provided with a respectful, safe environment in which to engage in the counselling process.



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Mossman Port Douglas Counselling Services recognises and supports the QCWA in their efforts to provide assistance through a partnership the QCWA formed with DVConnect in 2011

Assisting DV Connect

Recognising the severe impact that Domestic Violence has on Queenslanders, the QCWA formed a partnership with DVConnect in 2011.

DVConnect is Queensland's only statewide 'crisis hotline' for anyone affected by domestic violence or family violence.

DVConnect assists in the emergency transport and accommodation of those suffering from domestic violence. This can often mean women and children fleeing their homes with little more than the clothes they are wearing.

Throughout Queensland, QCWA Branches assist by collecting items, packaging them and delivering 'Care Packs' to safe accommodation and shelters. The packs are filled with basic hygiene products or small items to provide distraction or comfort to children.

If you would like to help the QCWA with this important initiative please contact your local Branch (you can find your local Branch on their website).

Donations in the form of financial assistance, in kind supplies or goods are welcome. We do ask that if you would like to make a goods donation that they be items that are listed on their website.

If you would like further information on DVConnect, or if you need help, please contact DVConnect directly – ph: 1800 811 811.

QCWA Memberships (not just for women, but for all!)

Whether you're interested in networking, making new connections and friends, sharing and learning new skills, or helping your local community, the QCWA has a membership type to suit.

Branch Membership:

Branch membership is by far the most popular and rewarding way women get involved with QCWA. Each branch's activities are driven by the unique skills and interests of the branch members in the context of their local community.

Supporter Membership:

Supporter Membership and Friends of QCWA Membership opens the way to involve individuals, both women and men over the age of 18 years, which enables tangible support for the QCWA.

Friends of QCWA Membership:

Friends are Members who are male over 18 years of age who wish to support the Association in a financial manner.

Ref: <https://www.qcwa.org.au/DVConnect>

Ref: <https://www.qcwa.org.au/Why-join-the-QCWA>



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Counselling & General Information

Mossman Port Douglas Counselling Services is facilitating an affordable, weekly **Support Group for Adults** on Monday afternoons 1:15pm-2:15pm; commenced on 1st February. Cost is \$10pp/session. Bookings are essential due to COVID-19 restrictions. This will be trialled during February with a review for March and going forward. **Facilitated in a safe, confidential space at 8 Blake Street Port Douglas (QCWA premises)**



- **Supports for: anxiety, depression, stress, bullying, grief, loss, self-esteem, relationships, parenting, etc**

Mossman Port Douglas Counselling Services looks forward to supporting our community in offering a confidential, professionally facilitated weekly support group, at an affordable rate

Mossman Port Douglas Counselling Services is now open in Port Douglas every **Monday and Wednesday afternoons, 1pm to 6pm. We are hiring the QCWA premises, 8 Blake Street Port Douglas**

Mossman Port Douglas Counselling Services can also provide counselling support in Mossman, by appointment and availability

Our schedule of fees is on our website, or available at our Services Counselling at both locations is by appointment

Positive Discipline in Everyday Parenting Workshop



Positive Discipline is an approach to parenting that teaches children and guides their behaviour, while respecting their rights to healthy development, protection from violence, and participation in their learning. *Positive Discipline* is based in research on children's healthy development and effective parenting, and founded on child rights principles.

There are four components of *Positive Discipline*: 1) Identifying your long-term childrearing goals; 2) Providing warmth and structure; 3) Understanding how children think and feel; and 4) Problem-solving.

Positive Discipline is not permissive parenting and is not about punishment. It is about long-term solutions that develop children's own self-discipline and their life-long skills. *Positive Discipline* is about teaching non-violence, empathy, self-respect, human rights and respect for others.

Dates: Wednesdays 26th May, 2nd, 9th, and 16th June 2021

Time: 2:30pm - 5:30/6:00pm (with a 15-20min afternoon tea break)

Location: 8 Blake Street Port Douglas (QCWA premises)

Cost: \$145 pp/entire workshop and the workshop is capped at 12 participants



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Positive and Respectful Relationships

Good relationships are good for you...good for ALL of us!

It's never too late to start working on improving your relationships. People in supportive relationships are more likely to feel healthy, happy, and satisfied with their lives. They are less likely to have mental or physical health problems or do things that negatively affect their health. People in good relationships help each other practically as well as emotionally. They share the good times; and help each other through the tough ones. All relationships have challenging times, but violence in any form is never ok and is a sign that something is wrong. Relationships between parents/caregivers greatly affects children as they grow up and become adults.

Essential Ingredients for a long-term and satisfying relationship

- **Trust in each other** (including behaving with respect and integrity; and feeling safe).
- **Commitment** to the relationship.
- **Open, honest, and good communication.**
- **Treating each other with courtesy and respect.**
- **Enjoying spending time together**, having fun together, laughing together, yet appreciating some space for separate activities.
- **Sharing interests and activities.**
- **Consideration**, mutual appreciation, easy give and take.
- **Respecting each other's opinions** and acknowledging that everyone has the right to their own opinion.
- **Respecting each other's right** to have their own space at times.
- **Remember nobody is perfect, everyone has their faults, including ourselves.**

So...Why do we need relationships?

Human beings are social animals. This means we need to feel we belong to a family, group, or culture to be healthy - mentally and emotionally. We all deserve to be happy and safe! Dealing with an unhealthy relationship can be difficult, frightening, confusing and even unsafe!

- Get someone you trust to help you. This can be your GP, a good friend, a support group, a family member, a community centre, or a professional counsellor/therapist.
- You **do not** have to do it alone! You CAN ask for help!

"A relationship is like a house. When a light bulb burns out, you don't go and buy a new house, you fix the light bulb."- Unknown



Mossman Port Douglas Counselling Services is committed to ensuring our Services creates and maintains a culturally sensitive and safe environment in which all Clients to our Services is given a voice and actively listened to.



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Culture & Cultural Considerations

Mossman Port Douglas Counselling Services acknowledges the Traditional Owners of the land where we live and work. We pay our respects to Elders past, present, and emerging. Our Services recognises their connection to Country and their role in caring for and maintaining Country over thousands of years. May their strength and wisdom be with us today.



20 February 2021 - World Day of Social Justice

Social justice is an underlying principle for peaceful and prosperous coexistence within and among nations. We uphold the principles of social justice when we promote gender equality, or the rights of indigenous peoples and migrants. We advance social justice when we remove barriers that people face because of gender, age, race, ethnicity, religion, culture or disability.

15-21 March 2021 - Harmony Week

Harmony Week includes **21 March, which is the United Nations International Day for the Elimination of Racial Discrimination.**

Harmony Week is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it. Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. Let's come together with friends and family and through schools, workplaces and our wider communities to celebrate our diversity. **Orange is the colour chosen to represent Harmony Week.** Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Australians can choose to wear something orange during Harmony Week to show their support for cultural diversity and an inclusive Australia.

Our cultural diversity

Australia is a vibrant and multicultural country — from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world. Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live. An integrated multicultural Australia is an integral part of our national identity. All people who migrate to Australia bring with them some of their own cultural and religious traditions, as well as taking on many new traditions. Collectively, these traditions have enriched our nation.

Facts and figures

There are some fascinating statistics about Australia's diversity that can be good conversation-starters:

- Nearly half (49 %) of Australians were born overseas or have at least one parent who was.
- We identify with over 300 ancestries.
- Since 1945, more than 7.5 million people have migrated to Australia.
- 85 per cent of Australians agree multiculturalism has been good for Australia.
- Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.
- More than 70 Indigenous languages are spoken in Australia.

These facts are taken from ABS 2016 Census Data



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Chinese New Year 2021 – Year of the Ox

Friday 12th February 2021

Chinese New Year 2021 falls on Friday, February 12th, 2021, and celebrations culminate with the Lantern Festival on February 26th, 2021. Celebrations last up to 16 days, but only the first 7 days are considered a public holiday (February 11th–17th, 2021). Chinese New Year marks the transition between zodiac signs: 2021 is the year of the Ox; 2020 was the year of the Rat.

The Ox is the second of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. The Ox was about to be the first to arrive, but Rat tricked Ox into giving him a ride. Then, just as they arrived, Rat jumped down and landed ahead of Ox. Thus, Ox became the second animal. In Chinese culture, the Ox is a valued animal. Because of its role in agriculture, positive characteristics, such as being hardworking and honest, are attributed to it. Oxen are honest and earnest. They are low key and never look for praise or to be the centre of attention. This often hides their talent, but they'll gain recognition through their hard work.

They believe that everyone should do what's asked for them and stay within their bounds. Though they are kind, it's difficult for them to understand persuasion using pathos. Rarely losing their temper, they think logically and make great leaders.

Reference: <https://chinesenewyear.net/>

February 2021 – Feel Good February

February 2021 – Red Feb

2nd February – World Wetland's Day

6th February – International Day of Zero Tolerance to Female Genital Mutilation

8th to 14th February – Wear Red Week

9th February – Safer Internet Day

12th February – Chinese New Year

20th February – World Day of Social Justice

21st February - International Mother Language Day

24th February – Teal Ribbon Day

27th February – World NGO Day

March 2021 – National Epilepsy Awareness Month

1st March – World Compliment Day

3rd March – World Wildlife Day

7th March – Clean Up Australia Day

8th March - International Women's Day

13th to 17th March – World's Greatest Shave (TBC)

15th March - Day of Action Against Bullying & Violence

21st March - Harmony Day



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Keeping our Brains Healthy...

Sudoku



					4		9	
8		2	9	7				
9		1	2			3		
				4	9	1	5	7
	1	3		5		9	2	
5	7	9	1	2				
		7			2	6		3
				3	8	2		5
	2		5					



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SOLUTION TO SUDOKU

7	3	5	6	1	4	8	9	2
8	4	2	9	7	3	5	6	1
9	6	1	2	8	5	3	7	4
2	8	6	3	4	9	1	5	7
4	1	3	8	5	7	9	2	6
5	7	9	1	2	6	4	3	8
1	5	7	4	9	2	6	8	3
6	9	4	7	3	8	2	1	5
3	2	8	5	6	1	7	4	9

“Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.” - Roy T. Bennett -

Therapy - Mandalas

Drawing and/or colouring Mandalas as a form of art therapy can reduce anxiety, tension, depression and overall stress. Mandala Art is considered both therapeutic and symbolic. While the circle in the centre of Mandala is believed to ground oneself - the shapes, design, colours and symbols reflect the inner realms of the person who is making and/or colouring it. Mandalas are great tools for meditation and increasing self-awareness.

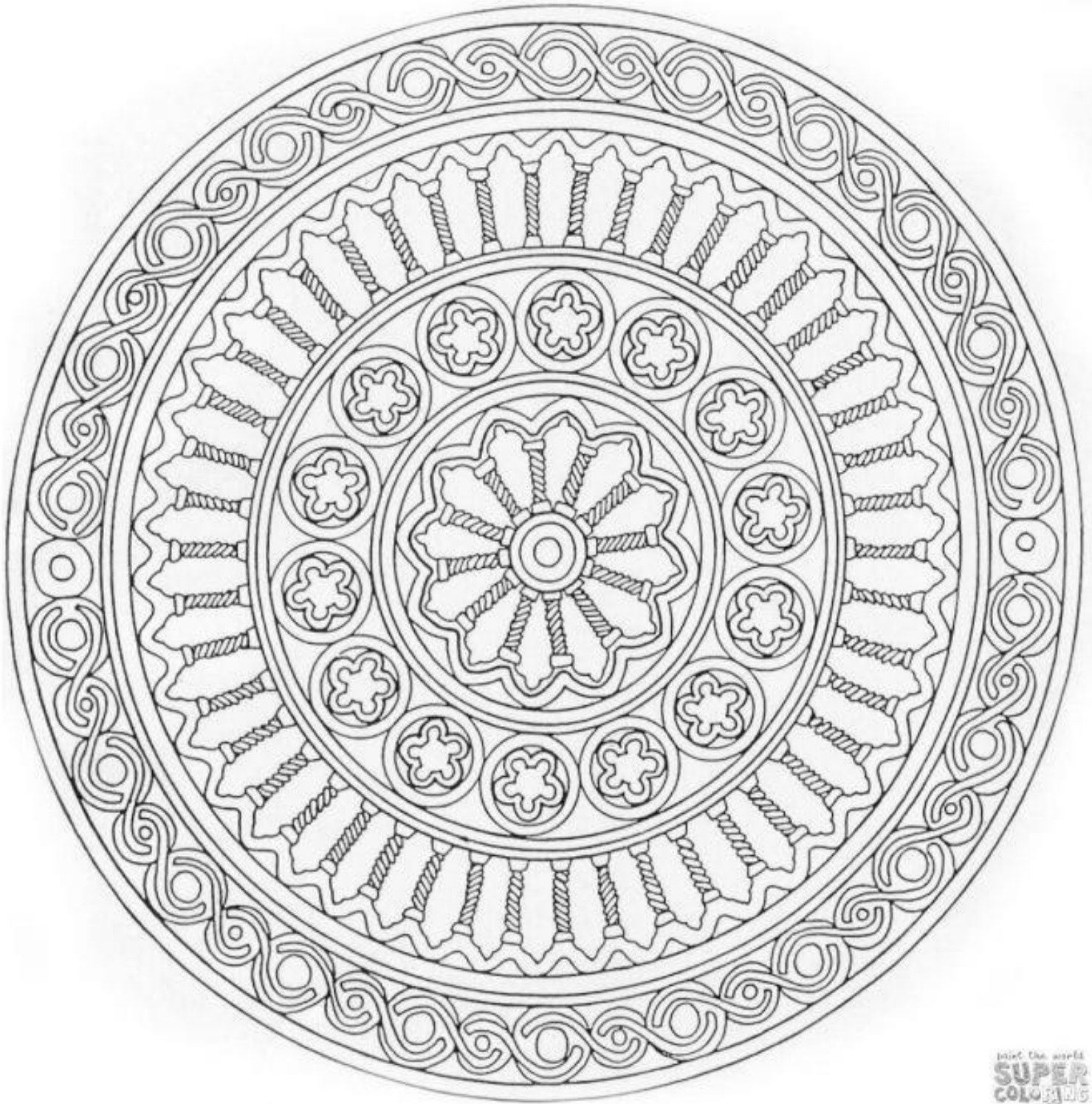
For the purpose of offering **affordable, professional therapy and supports** within our Shire - from a multi disciplinary framework - we will often publish a **FREE** Mandala colouring page in future editions of **CONNECT**. We hope that individuals of our Shire community will engage in and enjoy the benefits of colouring Mandalas - in your own home or workplace - all you need are some colouring pencils, crayons, paint, or markers.



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Mandala – Art Therapy



Join the world
SUPER
COLORING

Ref: https://www.google.com/search?q=mandala+free&tbm=isch&chips=q:mandala+free,g_1:colouring:icX9BknJ2Gc%3D&rlz=1C1CHBF_enAU893AU893&hl=en-US&sa=X&ved=2ahUKEwjFpve677PtAhWxXHwKHW5wAToQ4IYoAXoECAEQGg&biw=1317&bih=640



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We are not a crisis service
In an emergency, please call 000

Suggested Supports, available 24/7

1800RESPECT – 1800 737 732
Alcohol & Other Drugs, On-line FREE Counselling - 1800 177 833
beyondblue - 1300 22 46 36
Brother to Brother (for Aboriginal men) – 1800 435 799
DV Connect (Qld) Statewide Domestic Violence Hotline - 1800 811 811
Gambling Helpline - 1800 858 858
Homeless Hotline – 1800 474 753
Kids Helpline (aged between 5 and 25) - 1800 551 800
Lifeline - 13 11 14
MensLine Australia - 1300 78 99 78
Poisons Information - 13 11 26
Policelink (non-urgent matters) - 13 14 44
Suicide Call Back Service - 1300 659 467
STANDBY (support after suicide) 0459 299 147 (Cairns & surrounds)
Veterans and Veterans Families Counselling Service - 1800 011 046

Additional support and information services

Alcohol and Drug Information Service - 1800 177 833
ATSILS - (07) 4046 6400 (Cairns) or 1800 012 255
Butterfly Foundation (eating disorders) - 1800 334673
Centrelink:

- Youth/Students - Ph: 13 24 90
- Families - Ph: 13 61 50
- Seniors - Ph: 13 23 00
- Disabilities - Ph: 13 27 17
- Multilingual - Ph: 13 12 02
- Employment Services - Ph: 13 28 50

Counselling online (drug and alcohol) - 1800 888 236
Crimestoppers – 1800 333 000
Elder Abuse Helpline - 1300 651 192
Griefline -1300 845 745
Grow Australia (support through peer groups) - 1800 558 268
headspace - 1800 650 890
Legal Aid - 1300 651 188
PANDA (perinatal anxiety and depression) - 1300 726 306
Parent line (8am to 10pm, 7 days) - 1300 301 300
Poisons Information - 13 11 26
Queensland Health 13 HEALTH - 13 43 25 84
QLife (LGBTI) - 1800 184 527
Quitline - 13 78 48
RAILS – Ph: (07) 3846 9300 (legal support for refugees and migrants)
SANE Australia - 1800 18 7263
Statewide Sexual Assault Helpline (7.30am to 11.30pm 7 days) - 1800 010 120
Women's Info link (Mon-Fri, 8am to 6pm) -1800 177 577
Women's Legal Service (9am to 3pm, Mon-Fri) - 1800 677 278
youthbeyondblue - 1300 22 46 36



*Thank you for reading
the 2nd edition of our
newsletter, CONNECT.
Feedback is welcome!
Connections are very
important for our
overall well-being. Keep
connecting with family,
friends and community.*

*The 3rd edition of
CONNECT will be
published in April 2021.*

Stay safe!

