

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 3: April 2021

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

Welcome to the 3rd edition of *CONNECT*, a newsletter from **Mossman Port Douglas Counselling Services (MPDCS)**. *CONNECT* is published every 2 months, and is intended to provide free information, a list of crisis help-lines and additional supports to residents in our beautiful Shire.

MPDCS 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 tailored Support Groups as required for the needs of our Shire. In addition to face-to-face counselling, we can also arrange to provide counselling via phone, Skype and Zoom. MPDCS offers our Shire community the choice to see either a female or male Counsellor.

April 2021 - Sexual Assault Awareness Month

Organisation: National Sexual Violence Resource Center
www.nsvrc.org/saam/sexual-assault-awareness-month-home

Sexual Assault Awareness Month (SAAM) originated in the USA in the 1980s as a week-long awareness raising event. SAAM is now an internationally recognised campaign held every April. Sexual harassment, assault, and abuse can happen anywhere, including in online spaces. As we connect online, we can learn how to practice digital consent, intervene when we see harmful content or behaviours, and ensure that online spaces — whether they be workspaces, classrooms, social media platforms, or otherwise — are respectful and safe.

If you or someone you know needs help, phone the Statewide Sexual Assault Helpline (7.30am to 11.30pm 7 days) - 1800 010 120

May 2021 - Domestic & Family Violence Prevention Month

<https://www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/domestic-family-violence/>

Each May, Queensland marks Domestic and Family Violence Prevention Month to raise community awareness of domestic and family violence and to send a clear message that domestic and family violence in families and homes will not be tolerated. Not now, not ever!

If you or someone you know needs help, phone DV Connect (Qld) - 1800 811 811

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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Counselling & Workshop Information

Let's Talk About...Bullying (School)

What is it? Who does it? Where does it happen? What can we do about it?

Is your child being bullied? Is your child wondering how to help a friend? Is your child the bully?
Do you know how to help your child?

This 2 hour information session is suitable for parents/carers/grandparents

To be held at: 8 Blake Street Port Douglas (QCWA premises)

On: Wednesday 5th May 2021

Time: 9:30am – 11:30am

Cost: \$30pp



Numbers will be capped at 16

Bookings are essential

Register via our website: www.mossmanportdouglascounsellingservices.com.au

Minimum course requirement is 5 for this session to proceed

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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



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

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

Location: 8 Blake Street Port Douglas (QCWA premises)

Cost = \$145 pp/entire workshop and this workshop is capped at 12 participants

Bookings are essential - Register via our website: www.mossmanportdouglascounsellingservices.com.au

Minimum course requirement is 5 for this workshop to proceed



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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.



ANZAC Day - 25th April 2021

<https://nzhistory.govt.nz/war/anzac-day/introduction>

Anzac Day is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War. 'ANZAC' stands for Australian and New Zealand Army Corps. On the 25th of April 1915, Australian and New Zealand soldiers formed part of the allied expedition that set out to capture the Gallipoli peninsula. These became known as Anzacs and the pride they took in that name continues to this day.



By the time the campaign ended, more than 130,000 men had died: at least 87,000 Ottoman soldiers and 44,000 Allied soldiers, including more than 8700 Australians. Among the dead were 2779 New Zealanders, about a sixth of all those who had landed on the peninsula. The last of the Anzacs, Alec Campbell, died peacefully in Hobart, May 17 2002. He was 103. He never recovered from a chest infection. Prime Minister John Howard described Mr Campbell as *"the last living link to that group of Australians that established the Anzac legend."*

Silence for one or two minutes is included in the Anzac Day ceremony as a sign of respect and a time for reflection. The idea for the two minutes silence is said to have originated with Edward George Honey, a Melbourne journalist and First World War veteran who was living in London in 1919.

Many Australian soldiers in Gallipoli were responsible for extraordinary acts of courage. Nine of them won the Victoria Cross, the highest Commonwealth award for gallantry, for actions marked by a selflessness - an utter disregard of death - that defies normal human reaction to fear.

Flags are required to be flown at half-mast till noon on ANZAC Day, then raised to the masthead until sunset. It is appropriate to fly the flags of New Zealand, the United Kingdom and other allied nations alongside flying the Australian National flag, Aboriginal flag and Torres Strait Islander flag.

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them. Lest We Forget.

April 2021 - Sexual Assault Awareness Month

7th April 2021 - World Health Day

28th April 2021 - World Day for Safety & Health at Work

May - Domestic & Family Violence Prevention Month

18th to 23rd May 2021 - Mental Health Awareness Week

25th May 2021 - International Missing Children's Day

May/June 2021 - Australia's Biggest Morning Tea



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Keeping our Brains Healthy...

Sudoku



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



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SOLUTION TO SUDOKU

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

References: https://www.puzzles.ca/sudoku_puzzles/sudoku_easy_731.html

https://www.puzzles.ca/sudoku_puzzles/sudoku_easy_731_solution.html

Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle. - Christian D. Larson

Therapy - Mandalas

Drawing and/or colouring Mandalas as a form of art therapy can reduce anxiety, tension, depression, PTSD trauma symptoms, 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.

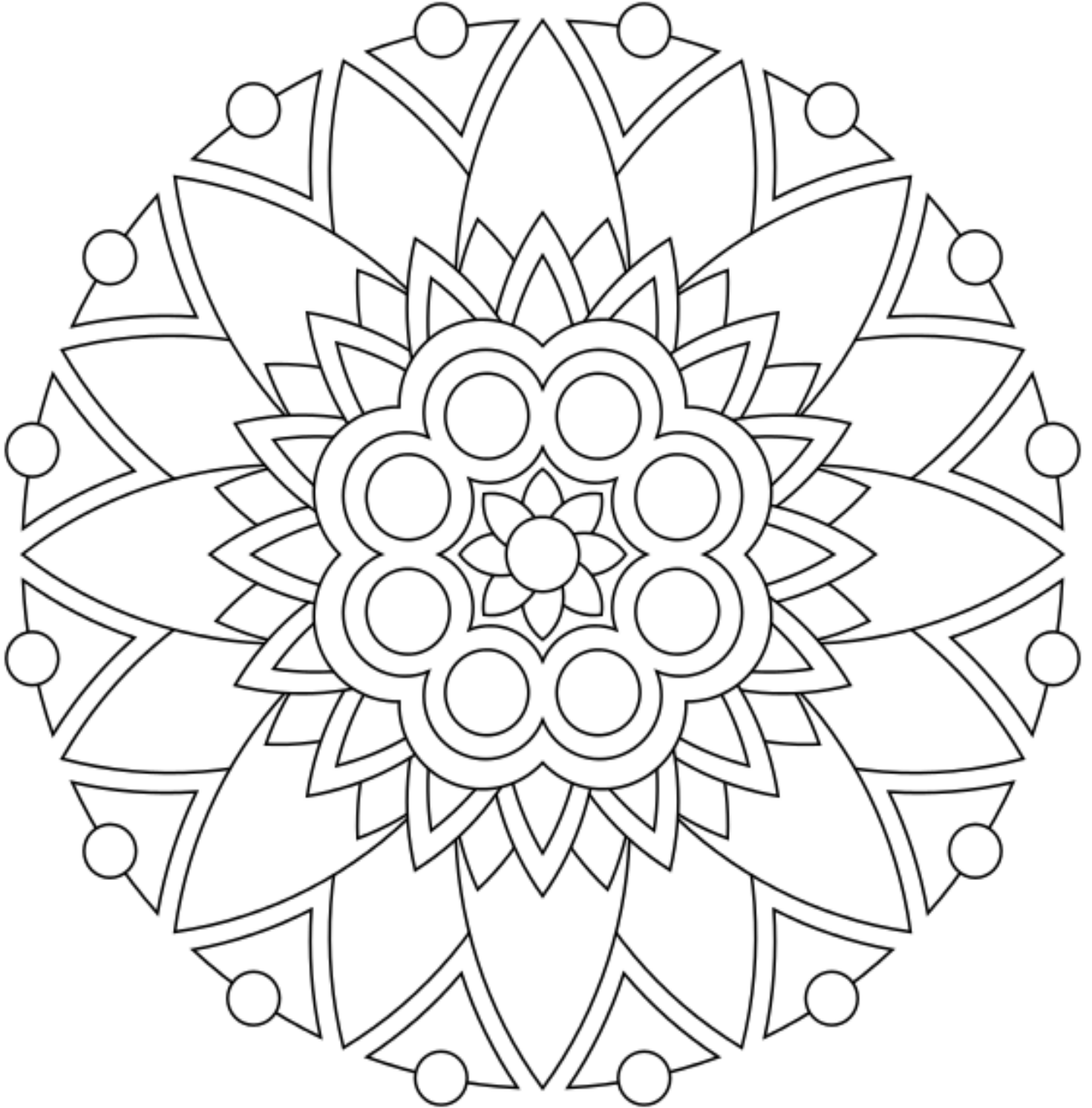
For the purpose of offering **affordable, professional therapy and supports** within our Shire - from a multi disciplinary framework - we will often publish a **FREE** Mandala colouring page in future editions of **CONNECT**. We hope that individuals of our Shire community will enjoy the benefits of 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



Ref: https://www.google.com/search?q=free+mandalas&rlz=1C1CHBF_enAU893AU893&source=lnms&tbm=isch&sa=X&ved=2ahUKEwi0j6rh6MDtAhX24jgGHbFVBa4Q_AuOAXoECBQQAaw#imgrc=gKK5siOG3BrHjM



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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 3rd 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 4th edition of
CONNECT will be
published in June 2021.*

Stay safe!

