

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 4: June 2021

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

Welcome to the 4th 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.

World Environment Day: 5 June 2021 'Ecosystem Restoration'

<https://www.worldenvironmentday.global/>

The theme of this year's World Environment Day is Ecosystem Restoration. Pakistan will act as global host of the day. World Environment Day 2021 will see the launch of the UN Decade on Ecosystem Restoration.

Ecosystem restoration can take many forms: Growing trees, greening cities, re-wilding gardens, changing diets, or cleaning up rivers and coasts. This is the generation that can make peace with nature.

June - Post Traumatic Stress Disorder (PTSD) Awareness Month

5th June 2021 - World Environment Day

12th June 2021 - World Day Against Child Labour

14th to 20th June 2021 - International Men's Health Week

20th June 2021 - World Refugee Day

20th to 26th June 2021 - Refugee Week

25th June 2021 - Red Nose Day

4th to 11th July 2021 - NAIDOC Week

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 & General Information

Helping Children in Divorcing Families

The decision to divorce causes major changes in the lives of every family member. Some upheaval is inevitable, but devastation is not. The divorce process can be emotionally traumatic for children and although reactions will depend on a child's age, temperament, and the circumstances surrounding the divorce - many children will feel sad, scared, frustrated, angry, and anxious - and it is not uncommon for them to act out because of these feelings.

Children of divorcing families need a lot of support and understanding and it is important that they have many opportunities to express their feelings and concerns.

As soon as you're certain of your plans, talk to your child about your decision to live apart. Although there is no easy way to break the news, if possible have both parents be there for this conversation. It is important to leave feelings of anger, guilt, or blame out of it. The discussion about divorce should be tailored to a child's age, maturity, and temperament, however, it is important to emphasise that what happened is between mum and dad and does not have anything to do with the child/ren. Most children will feel they are to blame even though their parents have said that they are not, so it is vital for parents to keep providing this reassurance. Answer their questions truthfully, in a way that they can understand and process. Remember that children do not need to know every last detail - they just need to know enough to understand clearly how their lives are going to change.

Helping your child to cope with the divorce means providing stability and structure in your home, and attending to your child's physical and emotional needs with a reassuring and positive attitude. Remember to take care of yourself, try and minimise the tension the divorce creates, remain patient, continue to carry out daily routines, and where possible, endeavour to maintain a civil relationship with the other parent.

Conflict between parents causes major stress for children that can last well beyond childhood. Children in divorcing families can become confused about their relationships with their parents and often feel a sense of rejection. They see their parents' relationship fall apart and sometimes think that their own relationship with one or both parents could do the same. Helping your child cope with the divorce will not be a seamless process, but your child can move forward feeling confident in your unconditional love, and ultimately emerge from the divorce feeling loved, confident, and strong.

Consider seeking professional help for your child if he/she is experiencing any of the following for most of the time: overwhelmed by feelings, loneliness, anxiety, worry, fear, anger, tearfulness, exhaustion, withdrawal, numbness, hopelessness, and sleeping too much or too little. Counselling can help children realise they are not the cause of, and cannot be the cure for, the divorce.

When seeking professional help, it is important to find a therapist who has experience and training in working with children and adolescents. Individual and family therapy can assist family members to deal with their feelings of grief, hurt, and anger; obtain emotional support; resolve conflicts; and learn problem-solving skills.



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Teaching Your Child to Respect Others

Respect is an attitude that is conveyed by one's actions. Respect is shown in different cultures in different ways. You are your child's most important teacher.

A few important things you can do to encourage your child to develop into a respectful person: set a positive example, set clear expectations, show your child what you mean by respect, and act immediately when your child is disrespectful. Be specific about what kinds of behaviour you expect from your child. Specify what kinds are not acceptable too. It is important to speak firmly, convey that you are serious, and be clear that you will not tolerate disrespectful behaviour. Of course, you must tailor your actions to the child's age and to the situation itself.

If you are unsure about what age and stage of development your child is at in relation to the situation at hand, please speak with your doctor, your child's paediatrician, a professional counsellor, or your schools' guidance officer. Respectful behaviour stems from a person's values. If you believe that other people are just as worthy as you are, you will treat them with respect. If you treat your child respectfully and expect your child to treat others the same way, your child will learn respect.

International Men's Health Week: 14-20 June 2021

<https://www.menshealthweek.org.au/health-info/why-men-s-health>

All this emphasis on the health of boys and men - what's that about? They're alright, aren't they?

In many cases, the answer is no. A boy born in Australia in 2010 has a life expectancy of 78.0 years while a baby girl born at the same time could expect to live to 82.3 years old. Right from the start, boys suffer more illness, more accidents and die earlier than their female counterparts.

Men take their own lives at four times the rate of women (that's five men a day, on average). Accidents, cancer and heart disease all account for the majority of male deaths.

Furthermore, there are specific populations of marginalised men for whom the health status is far worse. These marginalised groups include Aboriginal and Torres Strait Islander men, refugees, men in prison or newly released from prison, and men of low socioeconomic standing.

Men's Health Week has a direct focus on the health impacts of men's and boys' environments.



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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.



Refugee Week: 20-26 June 2021 Unity – The way forward

<https://www.refugeeweek.org.au/about/overview/>

Theme – Unity

Refugee Week is Australia's peak annual activity to inform the public about refugees and celebrate positive contributions made by refugees to Australian society. Refugee Week provides a platform where positive images of refugees can be promoted in order to create a culture of welcome throughout the country. The ultimate aim of the celebration is to create better understanding between different communities and to encourage successful integration enabling refugees to live in safety and to continue making a valuable contribution to Australia.

The volatility of life in recent times has shown us unequivocally that we need to work together often merely to survive, let alone to thrive and progress. Let's take the opportunity to start afresh and rebuild our lives together. To count our blessings and to put them to work. Existing and emerging communities. Working together. The powerful potential of Unity. The special brew of ideas from all over the world that created our great way of life can continue evolving if we work together. Let's not stop now, let's move forward unified. *Stronger. Safer. Healthier. Happier. Together.*

NAIDOC Week: 4-11 July 2021 Heal Country!

<https://www.naidoc.org.au/about/naidoc-week>

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself. The NAIDOC 2021 theme – Heal Country! – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction.

Country that is more than a place and inherent to our identity. Country that we speak about like a person, sustaining our lives in every aspect - spiritually, physically, emotionally, socially, and culturally.

NAIDOC 2021 invites the nation to embrace First Nations' cultural knowledge and understanding of Country as part of Australia's national heritage and equally respect the culture and values of Aboriginal peoples and Torres Strait Islanders as they do the cultures and values of all Australians. Each year NAIDOC week grows in stature and depth of celebrations at community, state and national level. Is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples as the oldest continuing cultures on the planet.



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Keeping our Brains Healthy...

Sudoku



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



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SOLUTION TO SUDOKU

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

https://www.puzzles.ca/sudoku_puzzles/sudoku_medium_777.html

"There is only one thing more painful than learning from experience and that is not learning from experience."

-Archibald McLeish-

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.

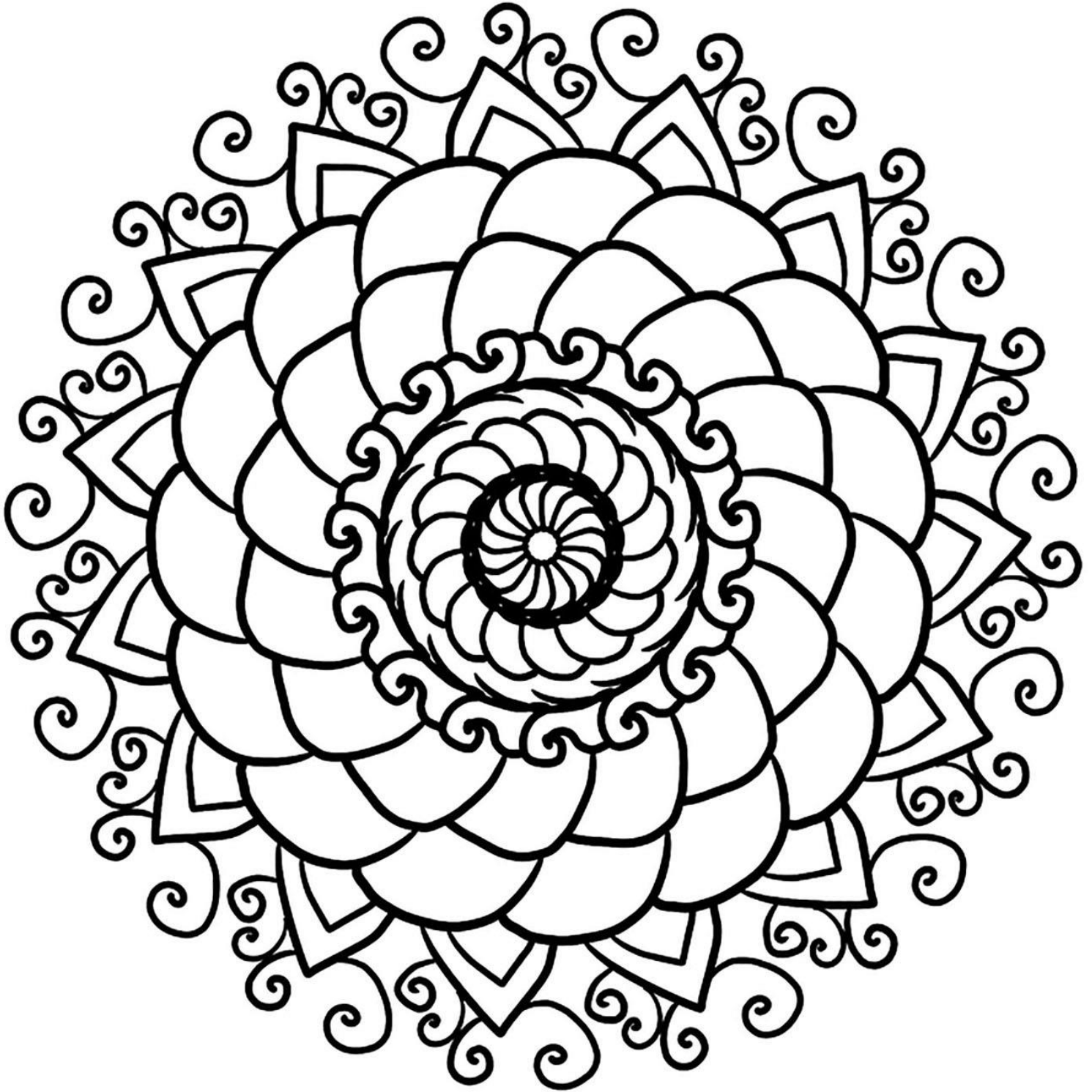
For the purpose of offering **affordable, professional therapy and supports** within our Shire - from a multi disciplinary framework - we will often publish a **FREE** Mandala colouring page in future editions of **CONNECT**. We hope that individuals of our Shire community will enjoy the benefits of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



<https://www.free-mandalas.net/themes/zen-anti-stress/>



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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 4th 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 5th edition of
CONNECT will be
published in August
2021. Stay safe!*

