

# Mossman Port Douglas Counselling Services

8 Blake Street Port Douglas QLD 4877 / Ph 0427 807 729

Email: admin@mossmanportdougascounsellingservices.com.au

## CONNECT

### Newsletter Edition No 7: December 2021

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

**Welcome** to the 7<sup>th</sup> edition of *CONNECT*, a newsletter from **Mossman Port Douglas Counselling Services (MPDCS)**. MPDCS provides this FREE publication every 2 months. The intention of *CONNECT* is to provide information, education, a list of crisis help-lines, and additional supports to residents in our Shire. MPDCS provides weekly face-to-face counselling every Monday and Wednesday afternoons in Port Douglas (1pm-6pm). We hire the QCWA premises (8 Blake Street Port Douglas). MPDCS provides professional, confidential and affordable counselling support for children (ages 5+), youth, adults, couples, families, seniors, and NDIS participants (plan-managed & self-managed). 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 also provide counselling via telephone, Skype and Zoom. MPDCS is one of the Service Providers with WorkCover and NISQ. Private Health Fund Rebates Available. We hope you enjoy reading the 7<sup>th</sup> edition of *CONNECT*.

2<sup>nd</sup> December 2021 – Abolition of Slavery Day

3<sup>rd</sup> December 2021 – International Day of People with Disability

5<sup>th</sup> December 2021 – International Volunteer Day

10<sup>th</sup> December 2021 – International Human Rights Day

18<sup>th</sup> December 2021 – International Migrants Day

20<sup>th</sup> December 2021 – International Human Solidarity Day

25<sup>th</sup> December 2021 – Christmas Day

1 January 2022 - New Year's Day

1-7 January 2022 - Gantan Sai (New Years) - Shinto

26 January 2022 – Australia Day/ Invasion Day/Survival Day

27 January 2022 - International Day of Commemoration in Memory of the Victims of the Holocaust

**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.

**Mossman Port Douglas Counselling Services (MPDCS) is open in Port Douglas every Monday and Wednesday afternoons for weekly face-to-face counselling; 1pm to 6pm (we hire the QCWA premises, 8 Blake Street).**

**MPDCS also offer our Services via Phone, Skype, and Zoom.**

**Our schedule of fees is on our website, or available at our Services.**

**WorkCover, NDIS, NISQ Clients. Private Health Fund Rebates Available.**

**Counselling is by appointment.**



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## Counselling & General Information

### Are you living in a Domestic/Family Violence situation?

Domestic & Family Violence (D&FV) can happen to anyone, regardless of size, gender, or strength; yet the problem is often overlooked, excused, or denied - especially true when the abuse is **psychological** rather than physical. D&FV is used for one purpose: to gain and maintain total control over you. An abuser doesn't 'play fair'" Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under their thumb. Psychological abuse is often minimised - even by the person experiencing it - yet it can leave deep and lasting scars. Abusive behaviour is never acceptable, whether it's coming from a man, woman, teenager, or older adult. You deserve to feel valued, respected, and safe. Despite what many people believe, the abuser does not lose control over their behaviour. In fact, abusive behaviour is a deliberate choice made by the abuser in order to control you. Your abuser's apologies and loving gestures in between the episodes of abuse can make it confusing and difficult to leave. They may make you believe that you are the only person who can help them, that things will be different this time, and that they truly love you. **However, the dangers of staying are very real. In an emergency, please phone 000**

**Psychological abuse** (also referred to as **emotional abuse** or **mental abuse**) is characterised by a person subjecting or exposing another to behaviour that may result in psychological trauma - including, anxiety, chronic depression, or post-traumatic stress disorder. Such abuse is often associated with situations of power imbalance, such as abusive relationships, bullying, child abuse, and in the workplace. Psychological abuse includes *verbal abuse* such as yelling, name-calling, blaming, and shaming. Isolation, intimidation, and controlling behaviour also fall under psychological abuse. The psychological abusers' aim is to chip away at your feelings of self-worth and independence. A victim of psychological abuse may feel there is no way out of the relationship, or that without the abusive partner there is no future. No one should have to endure this kind of pain—and your first step to breaking free is recognising your situation is abusive. Noticing and acknowledging the warning signs and symptoms of abuse is the first step to ending it. No one should live in fear of the person they love.

If you recognise yourself or someone you know in the following warning signs and descriptions of abuse, don't hesitate to reach out: **Some general warning signs include:** victim fearful of, or anxious to please their partner; may go along with everything their partner says/does; checks in often to report where they are/what they're doing; receives frequent, harassing phone calls or text messages from their partner; and/or talk about their partner's temper, jealousy, 'mind-games', or possessiveness. The **psychological warning signs** of abuse and the victim is likely to have a very low self-esteem, even if they used to be confident; show major personality changes (e.g. an outgoing person becomes withdrawn); and/or be depressed, anxious, or suicidal. **Economic or financial abuse** includes the abuser rigidly controlling your finances, withholding money or credit cards, making you account for every dollar you spend, withholding basic necessities (food, clothes, medications, shelter), restricting you to an allowance, preventing you from working or choosing your own career, sabotaging your job (making you miss work, calling or texting constantly), and/or stealing or taking your money. Additionally, an abuser may **isolate** their partner, for example; you will be restricted from seeing family and friends, will rarely go out in public without your partner, and have limited access to money, credit cards, or the car.

If you are a victim of D&FV, remember it is **NOT** your fault and you are not alone; there are people who can support you. Talk to someone you trust about the situation, i.e. a *Professional Counsellor*. Seek out help and resources within your community - and most importantly - never forget that you are a valuable and wonderful person who does not deserve to be treated this way. **In an emergency, phone 000**



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## General Information

### 3<sup>rd</sup> December 2021 – International Day of People with Disability

<https://idpwd.org/>

International Day of People with Disability (IDPwD) is held on 3 December each year. IDPwD is a United Nations observed day celebrated internationally. It aims to increase public awareness, understanding and acceptance of people with disability and celebrate their achievements and contributions.

IDPwD is an opportunity for us to make positive changes to the lives of the 4.4 million Australians with disability.

**The theme for IDPwD 2021 is *'Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world'***

According to the WHO World Report on Disability, 15 per cent of the world's population, or more than 1 billion people, are living with disability. Of this number, it's estimated 450 million are living with a mental or neurological condition— and two-thirds of these people will not seek professional medical help, largely due to stigma, discrimination and neglect.

Another 69 million individuals are estimated to sustain Traumatic Brain Injuries each year worldwide, while one in 160 children are identified as on the autism spectrum.

These are just some examples of the millions of people currently living with a disability that is not immediately apparent, and a reminder of the importance of removing barriers for all people living with disability, both visible and invisible.

**During the COVID-19 pandemic**, isolation, disconnect, disrupted routines and diminished services have greatly impacted the lives and mental well-being of people with disabilities right around the world. Spreading awareness of invisible disabilities, as well as these potentially detrimental— and not always immediately apparent— impacts to mental health, is crucial as the world continues to fight against the virus.

### 5<sup>th</sup> December 2021 – International Volunteer Day

<https://www.awarenessdays.com/awareness-days-calendar/international-volunteers-day-2021/>

International Volunteer Day (IVD) on 5 December was designated by the United Nations in 1985 as an international observance day to celebrate the power and potential of volunteerism. It is an opportunity for volunteers, and volunteer organisations, to raise awareness of, and gain understanding for, the contribution they make to their communities. It is also viewed as a unique chance for volunteers and organisations to celebrate their efforts, to share their values, and to promote their work among their communities, non-governmental organisations (NGO's), United Nations agencies, government authorities and the private sector. The act of volunteering is found in all cultures, languages, and religions. Each year, hundreds of millions of people volunteer their time and skills to help make the world a better place. When they volunteer, they help to improve the lives of others. And when they volunteer, they also gain a greater sense of belonging to their communities. On 5 December, people around the world will celebrate IVD with rallies, parades, volunteer fairs, group clean ups, blood donations, conferences, exhibitions, fundraising, workshops and volunteer recognition events.



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## General Information

### 10<sup>th</sup> December 2021 – International Human Rights Day

<https://www.un.org/en/observances/human-rights-day>

<https://humanrights.gov.au/our-work/education/publications/commemorate-human-rights-day-rightsed>

*"Where, after all, do universal human rights begin? In small places, close to home -- so close and so small that they cannot be seen on any maps of the world. [...] Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world." - Eleanor Roosevelt*

Human Rights Day is observed every year on 10<sup>th</sup> December — the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR). The UDHR is a milestone document that proclaims the inalienable rights which everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than 500 languages, it is the most translated document in the world.

The UDHR sets out a certain set of rights that are the basic and minimum set of human rights for all citizens. Setting aside a day to commemorate, educate and reflect on the principles that form the UDHR means celebrating the rights we exercise everyday as Australians, and acknowledging that enjoying those rights carries with it the responsibility of promoting these rights for all people. Things that many of us take for granted – such as education, the right to receive medical care, and the freedom to practice our chosen religion – are not equally available to all Australians and people in other parts of the world.

Each year, Human Rights Day has a different theme. **In 2021, Human Rights Day is focusing on how rights are the beginning of peace within societies, and a way to create a fairer society for future generations.** 10<sup>th</sup> December is an opportunity to reaffirm the importance of human rights in re-building the world we want, the need for global solidarity as well as our interconnectedness, shared humanity and to bolster transformative action and showcase practical and inspirational examples that can contribute to recovering better and fostering more resilient and just societies.

#### Human Rights and the Sustainable Development Goals

Human Rights are at the heart of the Sustainable Development Goals (SDGs), as in the absence of human dignity we cannot hope to drive sustainable development. Human Rights are driven by progress on all SDGs, and the SDGs are driven by advancements on human rights. Find out how UN agencies strive to put human rights at the centre of their work.

#### Human Rights must be at the centre of the post COVID-19 world

The COVID-19 crisis has been fuelled by deepening poverty, rising inequalities, structural and entrenched discrimination and other gaps in human rights protection. Only measures to close these gaps and advance human rights can ensure we fully recover and build back a world that is better, more resilient, just, and sustainable.

- End discrimination of any kind: Structural discrimination and racism have fuelled the COVID-19 crisis. Equality and non-discrimination are core requirements for a post COVID world.
- Address inequalities: To recover from the crisis, we must also address the inequality pandemic. For that, we need to promote and protect economic, social, and cultural rights. We need a new social contract for a new era.
- Encourage participation and solidarity: We are all in this together. From individuals to governments, from civil society and grass-roots communities to the private sector, everyone has a role in building a post-COVID world that is better for present and future generations.
- Promote sustainable development: We need sustainable development for people and planet. Human rights, the 2030 Agenda and the Paris Agreement are the cornerstone of a recovery that leaves no one behind.



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## General Information

### 27 January 2022 - International Day of Commemoration in Memory of the Victims of the Holocaust

<https://en.unesco.org/commemorations/holocaustremembranceday>

Every year around 27 January, UNESCO pays tribute to the memory of the victims of the Holocaust and reaffirms its unwavering commitment to counter antisemitism, racism, and other forms of intolerance that may lead to group-targeted violence. The date marks the anniversary of the liberation of the Nazi Concentration and Extermination Camp of Auschwitz-Birkenau by Soviet troops on 27 January 1945. It was officially proclaimed in November 2005, International Day of Commemoration in Memory of the Victims of the Holocaust by the United Nations General Assembly.

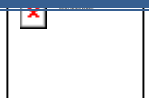
The Holocaust profoundly affected countries in which Nazi crimes were perpetrated, but also had universal implications and consequences in many other parts of the world. Member States share a collective responsibility for addressing the residual trauma, maintaining effective remembrance policies, caring for historic sites, and promoting education, documentation and research, seven decades after the genocide. This responsibility entails educating about the causes, consequences and dynamics of such crimes so as to strengthen the resilience of young people against ideologies of hatred. As genocide and atrocity crimes keep occurring across several regions, and as we are witnessing a global rise of anti-Semitism and hateful discourses, this has never been so relevant.

**MESSAGE FROM THE DIRECTOR GENERAL:** *"The International Day of Commemoration in Memory of the Victims of the Holocaust is a time to mourn those who disappeared and to reflect upon the choice of the individuals and governments that allowed this genocide to unfold. It is also a call for vigilance and for action, to address the root causes of hatred and prevent future atrocities from happening."* — **Audrey Azoulay, Director-General of UNESCO, on the occasion of International Day of Commemoration in Memory of the Victims of the Holocaust**

**2021 COMMEMORATIONS:** For the first time, the United Nations and UNESCO will jointly organize a series of events, in partnership with the International Holocaust Remembrance Alliance, to mark the 76th anniversary of the liberation of the Nazi German concentration and extermination camp Auschwitz-Birkenau. Due to restrictions put in place because of COVID-19, and to reach global audiences, the events will be entirely online. Events will include a commemoration ceremony on 27 January 2021 and a panel discussion on Holocaust denial and distortion, broadcast by UNTV and CNN, in addition to exhibitions in Paris and UNESCO Field Offices around the world.

**PROTECT THE FACTS:** Holocaust denial and distortion attempts to delegitimize the history of the Holocaust by twisting established facts about the size and causes of the Nazi genocide of the Jews. Its transmission undermines attempts to understand and prevent antisemitism. Left unchecked, it threatens our shared human rights values and risks the promotion of conspiratorial thinking and violent extremism.

**The #ProtectTheFacts campaign** seeks to increase awareness of the phenomenon of Holocaust distortion. It empowers individuals to identify and counter Holocaust distortion in society and on social media. The campaign aims to protect knowledge acquired through historical research on the Holocaust by promoting historical literacy and Holocaust education. Only when there is consensus about the basic facts of history, are we able to learn from the past and engage with it in the present so that we can prevent history from repeating itself. **We must #protectthefacts.**





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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.



## 18<sup>th</sup> December 2021 – International Migrants Day

<https://www.un.org/en/observances/migrants-day>

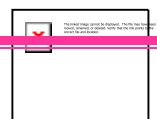
*“On this International Migrants Day, let us seize the opportunity of the recovery from the pandemic to implement the Global Compact for Safe, Orderly and Regular Migration, reimagine human mobility, enable migrants to reignite economies at home and abroad and build more inclusive and resilient societies.” - UN Secretary-General António Guterres*

Throughout human history, migration has been a courageous expression of the individual’s will to overcome adversity and to live a better life. Today, globalization, together with advances in communications and transportation, has greatly increased the number of people, who have the desire and the capacity to move to other places. This new era has created challenges and opportunities for societies throughout the world. It also has served to underscore the clear linkage between migration and development, as well as the opportunities it provides for co-development, that is, the concerted improvement of economic and social conditions at both origin and destination.

Migration draws increasing attention in the world nowadays. Mixed with elements of unforeseeability, emergency, and complexity, the challenges and difficulties of international migration require enhanced cooperation and collective action among countries and regions. The United Nations is actively playing a catalyst role in this area, with the aim of creating more dialogues and interactions within countries and regions, as well as propelling experience exchange and collaboration opportunities. Today, more people than ever live in a country other than the one in which they were born. While many individuals migrate out of choice, many others migrate out of necessity. In 2019, the number of migrants globally reached an estimated 272 million, 51 million more than in 2010.

Migrants contribute their knowledge, networks, and skills to build stronger, more resilient communities. During the past months, migrants have been at the forefront of the fight against COVID-19. Their work in health, transportation and food services made our lives under lockdown more bearable. However, like many who find themselves living on the margins of society, migrants are disproportionately affected by COVID-19 through job losses, evictions and discrimination. Millions of migrants are stranded, often without income or shelter, unable to return home due to COVID-19 mobility restrictions, and they also face increased risks of trafficking and exploitation.

The pandemic cannot be used as an excuse to rollback commitments to promote and protect the rights of migrants regardless of their legal status. It cannot become an excuse for the increased use of detention, often in overcrowded conditions, and the forced return of migrants to their countries of origin without due process, in many cases in violation of international law. People on the move hope for a brighter future. It is our collective responsibility to create a safer, more resilient world. Migration should be a choice, not a necessity. On #MigrantsDay, let’s reaffirm our commitment to safe and dignified migration for all.



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**Keeping our Brains Healthy...**

## Sudoku



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

[https://www.puzzles.ca/sudoku\\_puzzles/sudoku\\_hard\\_893.html](https://www.puzzles.ca/sudoku_puzzles/sudoku_hard_893.html)



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## SOLUTION TO SUDOKU

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

[https://www.puzzles.ca/sudoku\\_puzzles/sudoku\\_hard\\_893\\_solution.html](https://www.puzzles.ca/sudoku_puzzles/sudoku_hard_893_solution.html)

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*“Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.”*

*- Rainer Maria Rilke -*

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## 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.



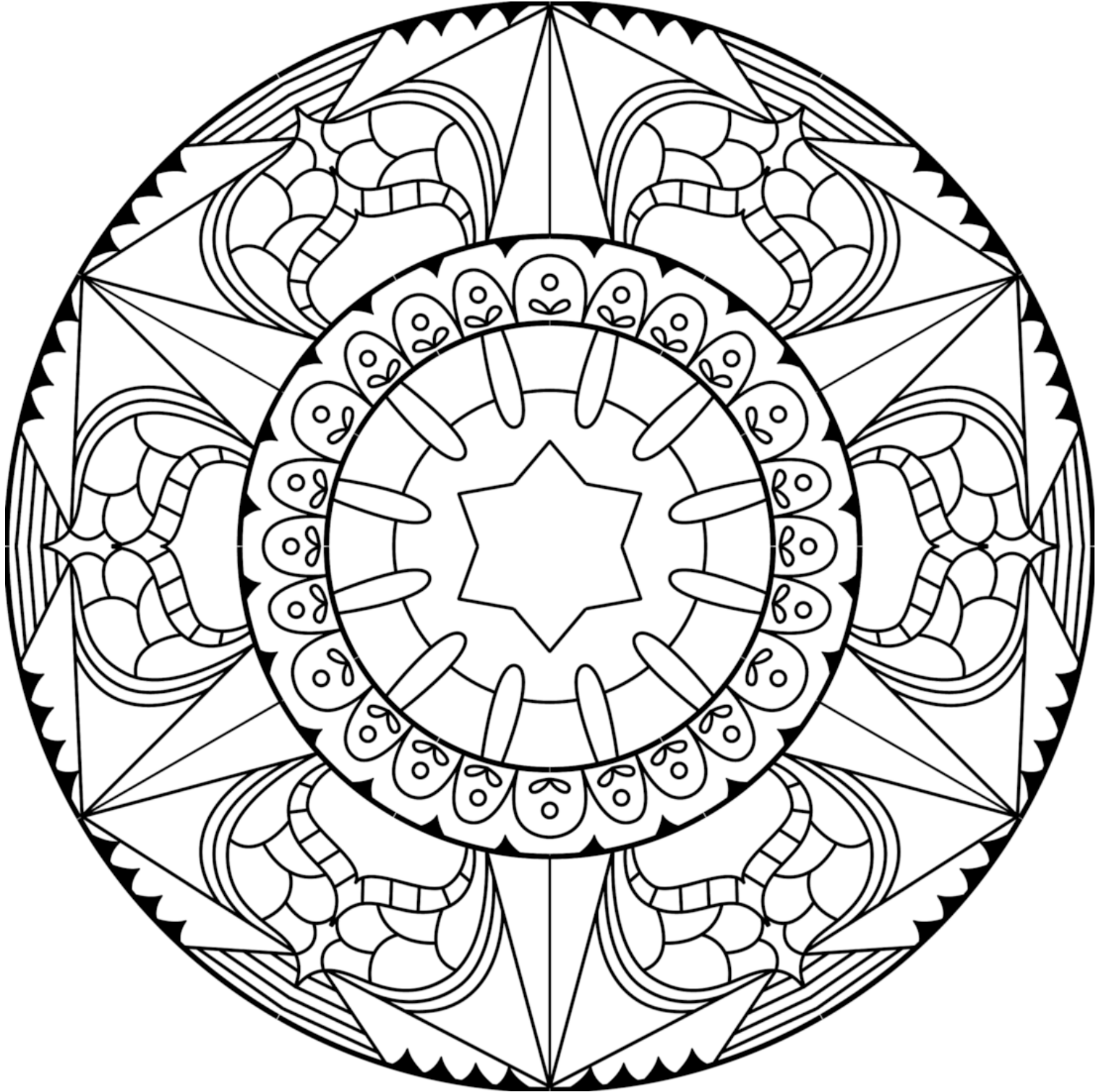


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## Mandala – Art Therapy



<https://mondaymandala.com/m/badge-of-honor>



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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 7<sup>th</sup> 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 8<sup>th</sup> edition of  
CONNECT will be  
published in February  
2022. Stay safe!*

