

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 8: February 2022

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

Welcome to the 8th edition of *CONNECT*, a newsletter from **Mossman Port Douglas Counselling Services (MPDCS)**. MPDCS will now be providing this FREE publication every 4 months rather than 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 afternoon, and the 4th Thursday afternoon of each month in Port Douglas (1pm-6pm). We hire the QCWA premises (8 Blake Street Port Douglas). Every 2nd Wednesday morning of each month, MPDCS also offers a FREE monthly Women's Support Group for one hour, from 9am to 10am (trailing this group for the first 6 months of 2022, with a review at that time). Following the group, MPDCS has a couple of morning face-to-face counselling appointment times available. All counselling is by appointment only!

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, tailored support groups, an Employee Assistance Program (EAP) through both Converge International EAP and, Acacia Connection EAP. In addition to face-to-face counselling, we provide counselling via telehealth. MPDCS is a Service Provider with WorkCover and NISQ. Private Health Fund Rebates Available. We hope you enjoy reading the 8th edition of *CONNECT*, and the next edition will be published in June 2022.

1st February – Chinese New Year (Tiger)

20th February – World Day of Social Justice

8th March – International Women's Day

15th - 21st March 2022 – Harmony Week: 21st March – Harmony Day

25th April – Anzac Day

May – Domestic & Family Violence Prevention Month

27th May – 3rd June 2022 – Reconciliation Week

13th - 19th June 2022 – Men's Health Week

19th - 25th June 2022 – Refugee Week: 20th June – World Refugee Day

Our logo: the beautiful white Dove



What does it mean if a dove visits you?

The dove represents peace of the deepest kind. It soothes and quiets our worried or troubled thoughts, enabling us to find renewal in the silence of the mind. The dove's role as spirit messenger, maternal symbol and liaison impart an inner peace that helps us to go about our lives calmly and with purpose.

What does a white dove symbolise?

White doves are symbolic of new beginnings, peace, fidelity, love, and prosperity. Their release is a tradition that has been making ceremonies, rituals and celebrations more powerful and meaningful for thousands of years. The symbol of the pure white dove transcends all cultures and traditions.



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OUR MISSION

Our mission is to provide Professional Counselling Services to children (5+), youth, adults, seniors, couples, and families from diverse backgrounds. We are privileged to walk alongside our Clients as they navigate the uncertainties and challenges of life. We provide support to our Clients with integrity, respect, and compassion. We work collaboratively with our Clients to equip them with the necessary skills to become empowered; and move ahead in healthy and resilient ways; through Counselling, Educational Workshops & Training, and at rates that are Affordable.

OUR VISION

As an experienced and well-rounded team of Registered Clinical Counsellors, Counsellors and Supervisors, we serve our wider community through Confidential Counselling and presenting assorted workshops. We support our Clients growth to realise their potential and dreams in a compassionate, caring, respectful, and friendly environment.

OUR CORE VALUES

ENVIRONMENT

We provide a non-judgmental, confidential, and safe environment in which clients can engage the challenges of life with curiosity, perspective, and creativity. We recognise the courage it can take for clients to engage in the counselling process.

HEALTHY DIVERSE WHOLENESS

We empower our clients to achieve holistic health; emotional, physical, mental, spiritual, and relational. We embrace and value cultural and individual diversity and are respectful of all who access our services.

CHAMPIONING AND RESPECTING STRENGTHS

Respect is a guiding value within our Services, and we treat each person the way we want to be treated. As one's strengths, talents and hopes are uncovered and celebrated, clients are inspired and encouraged to live out change.

INTEGRITY

We are transparent and accountable for our actions and we create safe environments for our clients and staff. We aim for honest dialogue and feedback and we are committed to providing a professional, confidential, and affordable counselling service.

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 a **FREE** monthly **Support Group for Women** every 2nd Wednesday morning of each month, 9am – 10am. This will be trialled during the first 6 months of 2022, with a review at that time. Facilitated in a safe, confidential space at 8 Blake Street Port Douglas (QCWA premises). **BOOKINGS ARE ESSENTIAL**

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

This group is run BY women FOR women!

Mossman Port Douglas Counselling Services looks forward to supporting our community in offering a confidential, professionally facilitated **FREE** monthly Women's Support Group

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. *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.

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.

EXPRESSIONS OF INTEREST!

Duration: 2 ½ hours once a week for 4 consecutive weeks

Location: 8 Blake Street Port Douglas (QCWA premises)

Cost: \$145 pp/entire workshop and the workshop is capped at 10 participants

Mossman Port Douglas Counselling Services (MPDCS) is open in Port Douglas every Monday and Wednesday afternoons for weekly face-to-face counselling, every 4th Thursday afternoon of each month and every 2nd Wednesday morning of each month (we hire the QCWA premises, 8 Blake Street). In addition to face-to-face counselling, MPDCS also offers counselling and Supervision via telehealth.

WorkCover, NDIS, NIISQ Clients. MPDCS provides EAP services through both Converge International EAP and Acacia Connection EAP.

Private Health Fund Rebates Available. All counselling is by appointment only.

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8th March - International Women's Day

<https://www.internationalwomensday.com/Theme>

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on **March 8th**, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for female-focused charities

IWD 2022 campaign theme: #BreakTheBias

- Imagine a gender equal world.
- A world free of bias, stereotypes, and discrimination.
- A world that is diverse, equitable, and inclusive.
- A world where difference is valued and celebrated.
- Together we can forge women's equality.
- Collectively we can all **#BreakTheBias**.
- Individually, we're all responsible for our own thoughts and actions - all day, every day.
- We can break the bias in our communities.
- We can break the bias in our workplaces.
- We can break the bias in our schools, colleges and universities.

Together, we can all **break the bias** - on International Women's Day (IWD) and beyond. Are you in? Will you actively call out gender bias, discrimination and stereotyping each time you see it?

- Will you help **break the bias**?
- Cross your arms to show solidarity.

21st March - Harmony Day

Harmony Day is a day to celebrate Australian multiculturalism, based on the successful integration of migrants into our community. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. Held every year on 21 March. The Day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

Since 1999, more than 70,000 Harmony Day events have been held in childcare centres, schools, community groups, churches, businesses and federal, state and local government agencies across Australia. It's about inclusiveness, respect and a sense of belonging for everyone.

<https://www.harmony.gov.au/>



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ANZAC Day - 25th April 2022

<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.



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May – Domestic & Family Violence Month

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 such violence will not be tolerated.

In its Not now, not ever report (the report), the Special Taskforce on Domestic and Family Violence in Queensland recommended that individuals, community groups and the private sector work together to help prevent DFV and support those affected.

Not now, not ever report

On 28 February 2015, the Special Taskforce on Domestic and Family Violence in Queensland provided the Premier with their Not now, not ever: Putting an end to domestic and family violence in Queensland report (the report). The report made 140 recommendations based on the insights gathered from 5 months of engagement with communities and individuals. The recommendations set the vision and direction for Queensland's strategy to end domestic and family violence (DFV) and ensure those affected have access to safety and support.

Queensland Government response

On 18 August 2015, the Premier released the Queensland Government response to the report, accepting all 121 of the Special Taskforce's recommendations directed at government, and supporting the 19 recommendations directed at non-government bodies.

Queensland Government delivers on all recommendations

On 24 October 2019, the Premier announced that all 140 recommendations in the report have been delivered. This is a major milestone in addressing the prevention and response to DFV in Queensland.

Key achievements from the implementation of the recommendations include:

- the establishment of permanent specialist DFV courts
- funding of 7 new DFV shelters
- implementation of high-risk teams in key regional areas such as Ipswich, Cairns and Brisbane
- legislative changes to better protect Queenslanders, this included making strangulation a standalone offence
- implementation of respectful relationships education in Queensland schools, to instil respect for their peers as a fundamental attitude, and assist with positive generational attitudinal and behavioural shifts
- strengthened workplace support for people experiencing violence in Queensland Government departments and introduced 10 days of domestic violence leave
- delivery of targeted communication activity, including implementation of a bystander campaign urging Queenslanders to do something and directing people experiencing violence to help and support services

If you or someone you know needs help, phone DV Connect (Qld) - 1800 811 811
In an emergency, phone 000

<https://www.qld.gov.au/about/newsroom/domestic-and-family-violence-prevention-month>
<https://www.justice.qld.gov.au/initiatives/end-domestic-family-violence/about/not-now-not-ever-report>



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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.



What is National Reconciliation Week (NRW)?

<https://www.reconciliation.org.au/our-work/national-reconciliation-week/>

The dates for NRW remain the same each year; **27 May to 3 June**. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

27 May 1967 On this day, Australia's most successful **referendum** saw more than 90 per cent of Australians vote to give the Australian Government power to make laws for Aboriginal and Torres Strait Islander people and recognise them in the Census.

3 June 1992 On this day, the Australian High Court delivered the Mabo decision, the culmination of Eddie Koiki Mabo's challenge to the legal fiction of 'terra nullius' (land belonging to no one) and leading to the legal recognition of Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of lands. This decision paved the way for Native Title.

A BRIEF HISTORY

National Reconciliation Week (NRW) started as the Week of Prayer for Reconciliation in 1993 (the International Year of the World's Indigenous Peoples) and was supported by Australia's major faith communities. In 1996, the Council for Aboriginal Reconciliation launched Australia's first National Reconciliation Week. In 2001, Reconciliation Australia was established to continue to provide national leadership on reconciliation. In the same year, approximately 300,000 people walked across Sydney Harbour Bridge as part of National Reconciliation Week-and subsequently across bridges in cities and towns-to show their support for reconciliation. Today, National Reconciliation Week is celebrated in workplaces, schools and early learning services, community organisations and groups, and by individuals Australia-wide. Hundreds of NRW events are held each year.

<https://nrw.reconciliation.org.au/about-nrw/>



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Keeping our Brains Healthy...



Sudoku

https://www.puzzles.ca/sudoku_puzzles/sudoku_hard_997.html

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



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SOLUTION TO SUDOKU

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

https://www.puzzles.ca/sudoku_puzzles/sudoku_hard_997_solution.html

“Fear robs you of your freedom to make the right choice in life that can bridge the gap between where you are and where you want to be. On the other side of fear, lies freedom. If you want to grow, you need to be brave and take risks. If you're not uncomfortable, you're not growing.”

Roy T. Bennett

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.



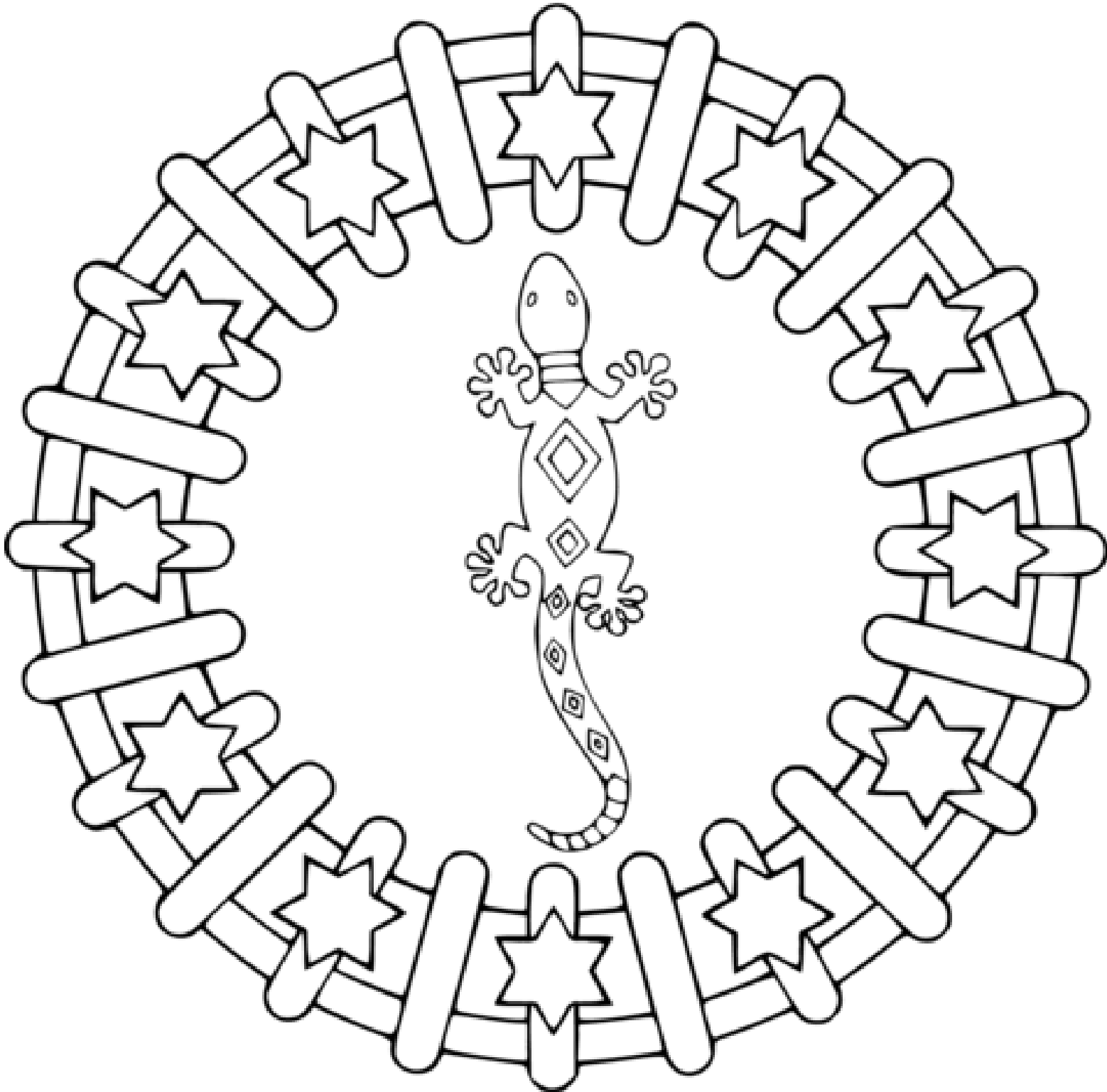
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Mandala – Art Therapy

<http://www.supercoloring.com/coloring-pages/mandala-with-lizard>



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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 8th 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 9th edition of
CONNECT will be
published in June 2022.*

Stay safe!

