

# 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 5: August 2021

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

**Welcome** to the 5<sup>th</sup> edition of *CONNECT*, a newsletter from **Mossman Port Douglas Counselling Services (MPDCS)**. *CONNECT* is published every 2 months, and is intended to provide information, education, a list of crisis help-lines, and additional supports to residents in our beautiful Shire.

MPDCS provides 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 can also provide counselling support in Mossman, by arrangement and availability. 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 phone, Skype and Zoom. From 1<sup>st</sup> July 2021, MPDCS became one of the Service Providers with WorkCover and we are taking client bookings for this new Service. We hope you enjoy reading the 5<sup>th</sup> edition of *CONNECT*.

#### **August 1-7, 2021 – International Assistance Dog Week**

International Assistance Dog Week (IADW) was created to recognise all the devoted, hardworking assistance dogs helping individuals mitigate their disability related limitations.

**The goals of IADW are to:**

- Recognise and honour assistance dogs
- Raise awareness and educate the public about assistance dogs
- Honour puppy raisers and trainers
- Recognise heroic deeds performed by assistance dogs in our communities

<https://www.assistedogweek.org/>

**1<sup>st</sup> – 7<sup>th</sup> August 2021 – International Assistance Dog Week**

**4<sup>th</sup> August 2021 – National Aboriginal and Torres Strait Islander Children's Day**

**9<sup>th</sup> August 2021 – International Day of the World's Indigenous Peoples**

**12<sup>th</sup> August 2021 - International Youth Day**

**19<sup>th</sup> August 2021 - World Humanitarian Day**

**27<sup>th</sup> August 2021 – Wear it Purple Day**

**29<sup>th</sup> August to 4<sup>th</sup> September 2021 - Legacy Week**

**6<sup>th</sup> – 10<sup>th</sup> September 2021 - Women's Health Week**

**5<sup>th</sup> – 11<sup>th</sup> September 2021 - National Child Protection Week (NAPCAN)**

**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

### **International Youth Day 12<sup>th</sup> August 2021: “Transforming Food Systems: Youth Innovation for Human and Planetary Health”**

International Youth Day is celebrated annually on 12 August to bring youth issues to the attention of the international community and celebrate the potential of youth as partners in today's global society. The theme of International Youth Day 2021 is, “Transforming Food Systems: Youth Innovation for Human and Planetary Health”, with the aim of highlighting that the success of such a global effort will not be achieved without the meaningful participation of young people.

It has been acknowledged that there is a need for inclusive support mechanisms that ensure youth continue to amplify efforts collectively and individually to restore the planet and protect life, while integrating biodiversity in the transformation of food systems. With the world's population expected to increase by 2 billion people in the next 30 years, it has become recognized by numerous stakeholders that simply producing a larger volume of healthier food more sustainably will not ensure human and planetary wellbeing. Other crucial challenges must also be addressed, such as the interlinkages embodied by the 2030 Agenda including poverty reduction; social inclusion; health care; biodiversity conservation; and climate change mitigation.

During the 2021 ECOSOC Youth Forum (EYF), the issues and priorities highlighted by young participants included the impact of the COVID-19 pandemic, particularly related to its effect on human health, the environment, and food systems. As part of the official outcome recommendations of the EYF, young participants stressed the importance of working towards more equitable



food systems. In addition, they highlighted the need for youth to make informed decisions on food choices through increasing global education on the healthiest and most sustainable options for both individuals and the environment. There were also recommendations on providing adequate capacity development with respect to the resilience of food systems, in particular during the ongoing COVID-19 pandemic and in its aftermath.

Food systems include not only the basic elements of how we get food from farms to the table, but also all of the processes and infrastructure involved in feeding a population, and the negative externalities that can be generated during the process, such as air and ocean pollution as well as desertification. There is also the risk of zoonotic diseases that can result from unsustainable farming practices and the climate crisis. Population health is also key in addressing food systems challenges, especially as nutrition-related chronic diseases such as obesity, diabetes, cardiovascular disease, and some forms of cancer are major contributors to the global burden of disease.

Through youth education, engagement, innovation and entrepreneurial solutions, this year's International Youth Day aims to provide a platform for young people to continue the momentum from the EYF. For more information about the International Youth Day 2021, please

visit: <https://www.un.org/development/desa/youth/iyd2021.html>

<https://www.un.org/development/desa/youth/news/2021/05/international-youth-day-2021-on-transforming-food-systems-youth-innovation-for-human-and-planetary-health/>



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## Counselling & General Information

### How to Build Your Child's Self-Esteem

Self-esteem literally means 'to esteem or respect yourself'. Having a high self-esteem means that you have a positive image of yourself. People are not born with these beliefs. They are learned during childhood and adolescence. These beliefs are based on (1) what others **said about** you, (2) what others **told** you, and (3) what others **did to** you.

Low self-esteem feels like – sadness, inferiority, anger, jealousy, rejection.

The way to raise responsible, happy children is limited only by our imagination. For example: (1) Tell your child that you are glad he or she is your child. Say the words and *mean* them! (2) When there is a problem, focus on the problem/issue, *not* the child. (3) Look at your child when you speak to him/her as this conveys the message that what he/she is saying is important - that he/she is important. (4) Set a positive example with your own behaviour. You can only expect your child to behave with dignity and self-respect if they see you doing it. (5) Say no when you need to say no and explain why. Children need to know there are limits/boundaries and that some things are outside of those limits/boundaries. (6) Review child development literature, or ask your GP or an educational psychologist, teacher or professional counsellor for tips, so that you remain updated on what is normal at each age and stage of childhood and adolescent development.

The essence of self-esteem is to know and accept who we are, just as we are now! Children are not objects that we can change to our specifications, or make them into something that we want.

Self-esteem gives us all the potential ability to take risks, learn from the results, and move on. We don't need to be perfect parents. We just need to enjoy, appreciate, and love our child/ren and pass some of our own good traits down the line, all the while allowing our child/ren to grow into who and what they are.

### National Aboriginal and Torres Strait Islander Children's Day – 4<sup>th</sup> August 2021 Proud in culture, strong in spirit

Aboriginal and Torres Strait Islander children have the right to experience and be proud of their history, cultural beliefs and practices. The theme for National Aboriginal and Torres Strait Islander Children's Day 2021 is: Proud in culture, strong in spirit

Aboriginal and Torres Strait Islander families and communities have provided love and care for their children, growing them up strong and safe in their cultural traditions, for thousands of generations.

Our Children's Day 2021 theme highlights the importance of supporting strong family and community connections to help our children achieve strong spiritual and cultural wellbeing and to form proud cultural identities. Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.

It is an opportunity for all Australians to show their support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every child.

<https://aboriginalchildrensday.com.au>



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### **Wear it Purple Day - 27<sup>th</sup> August 2021** **Start the Conversation...Keep it Going**

**Wear it Purple** strives to foster supportive, safe, empowering and inclusive environments for rainbow young people. We know young people change the world, so they are at the core of what we do.

**Wear it Purple Day** 2021's theme is focused on the important and necessary conversations we have in our daily life, that centre around sexual orientation and gender identity. It aims to remind people that the issues we reflect on **Wear it Purple Day** should not only be considered on that particular day...but every day.



Our rainbow youth exist in the world every day, and therefore require our support each and every day. If we are to empower rainbow young people to be proud of who they are, and who they might become, we need to encourage and support them each day in the classroom or workplace. The importance of pronouns and gender affirmation, as well as the use of inclusive language, is a great place to start. The power of storytelling and visibility enables our rainbow youth to hear from those who have gone before them, their struggles and triumphs, and know that no matter where they're at right now, there is so much hope and a million possibilities awaiting them.

This **Wear it Purple Day** we encourage rainbow community members and our allies to share their stories, to gently educate on LGBTQIA+ issues, to start these conversations...And continue them 365 days of the year.

[wearitpurple.org](http://wearitpurple.org)

### **5th to 11th September 2021 - National Child Protection Week (NAPCAN) - "Every child, in every community, needs a fair go." To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy.**

The 2021 theme for National Child Protection Week is all about the importance of the 'bigger picture' in addressing child abuse and neglect. Children can thrive and be healthy when they have what they need to develop well. But not every family has these resources. This is why we need to support every child, family and community according to their needs. This will create a healthier, fairer Australia for all children. A lot of great research is helping us understand more and more about what children need to thrive. Child Protection Week 2021 will be an opportunity to translate this knowledge into action.

All skillsets, all people, and all communities are assets in this important endeavour. Let's make sure our neighbourhoods have strong foundations for families and children – jobs, safe places, libraries, parks, playgrounds, schools, child care, affordable housing, health services, social activities, clubs, friendly neighbours, businesses and more. Many of you are already playing your part every day – *as individuals, as community members, as volunteers and as workers* – to help create these great communities for children. When we do this together we can give **'every child, in every neighbourhood, a fair go'**.

<https://www.napcan.org.au/ncpw-theme/>



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## Counselling & General Information

**Mossman Port Douglas Counselling Services (MPDCS) is open in Port Douglas every Monday and Wednesday afternoons for face-to-face counselling; 1pm to 6pm. We hire the QCWA premises, 8 Blake Street. Additionally, MPDCS can provide face-to-face counselling in Mossman, by appointment and availability.**

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

**Our schedule of fees is on our website, or available at our Services. Private Health Fund Rebates Available. Counselling is by appointment.**

### 29<sup>th</sup> August to 4<sup>th</sup> September 2021 - Legacy Week

#### Little Badge, Big Impact

Buy a badge and help us support the families of our veterans this Legacy Week 29th August – 4th September 2021. The Legacy Week appeal has been running since the 1940's and is a time for all Australians to show their support for the widows and children whose loved ones have served our country.

The Legacy badge is a special emblem of support for our veterans' families, symbolising our nation's greatest values of mateship, compassion and fairness. Legacy badges may be little but the funds they raise make a big impact in the lives of our veterans' families. Legacy Week is a time to give back to the families of those who have given so much.

#### Help the promise live on

In 1923, Legacy made a promise to help families after the loss or injury of a loved one in military service. To this day, we still ensure these families always have someone to turn to for support. There are so many ways you can help the promise live on. Whether you host a fundraising event, make a donation, or join Legacy as a volunteer, your support will have a real impact on the families of our fallen and injured veterans.

<https://www.legacy.com.au/legacy-week/>

### 6th to 10th September 2021 - Women's Health Week

<https://www.womenshealthweek.com.au/about/>

Women's Health Week is a nation-wide campaign of events and online activities - all centred on improving women's health and helping you to make healthier choices. Good health is powerful!

So this September, Women's Health Week will be a great reminder to set aside time for your health and wellbeing. Make an appointment for a health check, get active, and connect with family and friends. Good health starts with you. Make good health a priority!



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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.



### 9th August 2021 – International Day of the World's Indigenous Peoples

#### COVID-19 and indigenous peoples' resilience

While the exact origins of COVID-19 have not yet been confirmed, the link between environmental damage and pandemics is well known to leading research organizations. But there is yet another group of experts, who have been worrying about the threat of a pandemic even before COVID-19: indigenous peoples. Thanks to their traditional knowledge and their relationship with the natural world, they have long known that the degradation of the environment has the potential to unleash disease. As we fight against the spread of the pandemic, it is more important than ever to safeguard indigenous peoples and their knowledge. Their territories are home to 80% of the world's biodiversity and they can teach us much about how to rebalance our relationship with nature and reduce the risk of future pandemics. Indigenous peoples are seeking their own solutions to this pandemic. They are taking action and using traditional knowledge and practices such as voluntary isolation, and sealing off their territories, as well as preventive measures. Once again they have shown their capability to adapt. This year's theme is COVID-19 and indigenous peoples' resilience.

#### Their challenges are our challenges

Indigenous communities already face a host of challenges, and the unfortunate present reality is that the effects of the COVID-19 pandemic are worsening these challenges further still. Indigenous communities already experience poor access to healthcare, significantly higher rates of diseases, lack of access to essential services, sanitation, and other key preventive measures, such as clean water, soap, disinfectant, etc. Likewise, most nearby local medical facilities are often under-equipped and under-staffed. Even when indigenous peoples can access healthcare services, they can face stigma and discrimination. A key factor is to ensure services and facilities are provided in indigenous languages, as appropriate to the specific situation of Indigenous peoples. Indigenous peoples' traditional lifestyles are a source of their resiliency and can also pose a threat at this time in preventing the spread of the virus. For example, most indigenous communities regularly organize large traditional gatherings to mark special events e.g. harvests, coming of age ceremonies, etc. Some indigenous communities also live in multi-generational housing, which puts Indigenous peoples and their families, especially the Elders, at risk. Furthermore, indigenous peoples already face food insecurity as a result of the loss of their traditional lands and territories or even climate change effects. They also confront even graver challenges accessing food.

With the loss of their traditional livelihoods, which are often land-based, many indigenous peoples, who work in traditional occupations and subsistence economies or in the informal sector, will be adversely affected by the pandemic. The situation of indigenous women, who are often the main providers of food and nutrition to their families, is even graver. In order to raise awareness of the needs of indigenous peoples, every 9 August commemorates the International Day of the World's Indigenous Peoples. Especially now, they need us. Especially now, we need the traditional knowledge, voices and wisdom of indigenous peoples.

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



**Keeping our Brains Healthy...**



## Sudoku

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



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## SOLUTION TO SUDOKU

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

[https://www.puzzles.ca/sudoku\\_puzzles/sudoku\\_hard\\_849\\_solution.html](https://www.puzzles.ca/sudoku_puzzles/sudoku_hard_849_solution.html)

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*“Be grateful for what you already have while you pursue your goals. If you aren’t grateful for what you already have, what makes you think you would be happy with more.”*

**-Roy T. Bennett-**

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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.

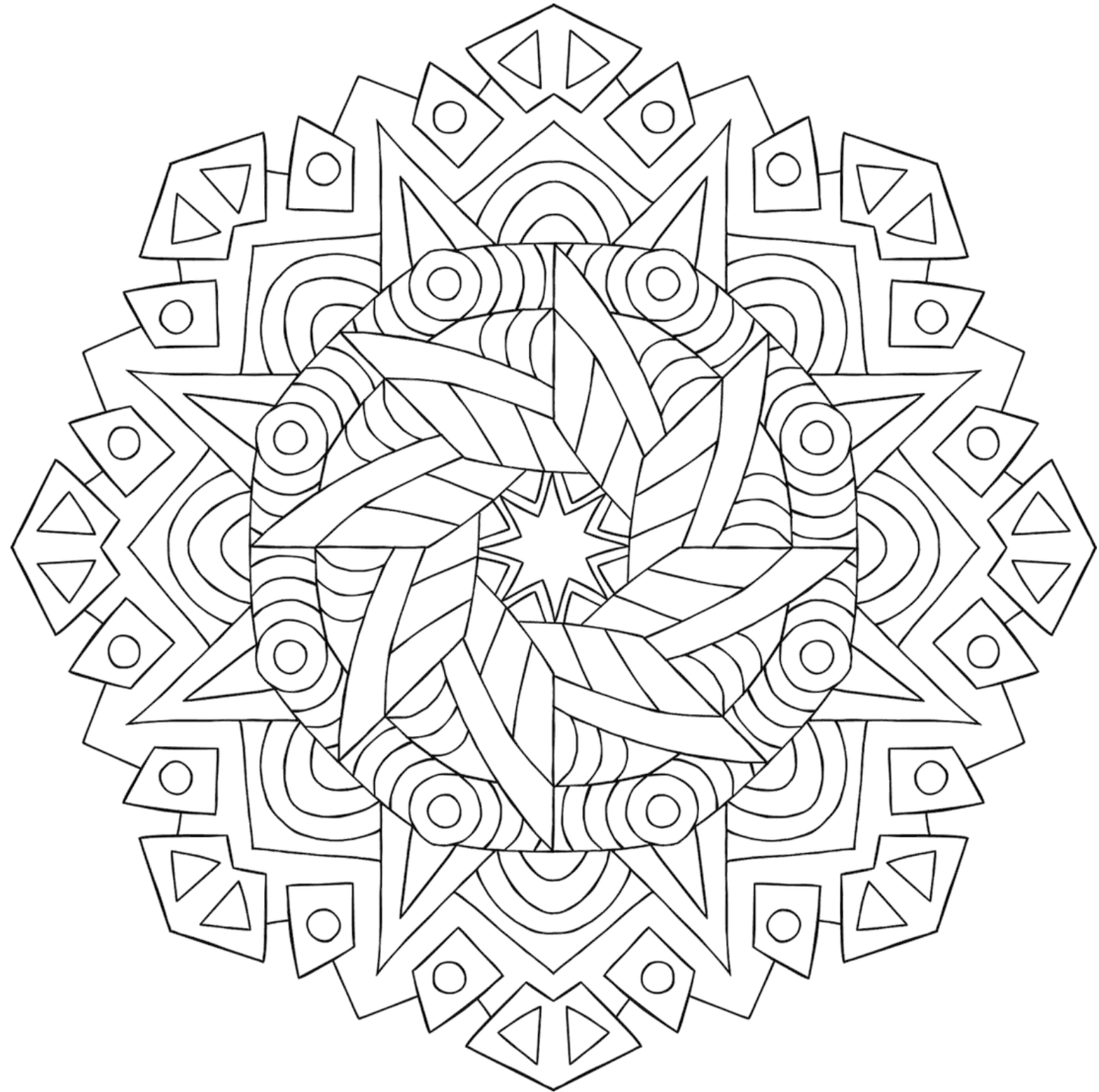




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## Mandala – Art Therapy



<https://mondaymandala.com/m/buddhas-star>



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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 5<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 6<sup>th</sup> edition of  
CONNECT will be  
published in October  
2021. Stay safe!*

