



NEWSLETTER

Reaching out to the Community

NO 48. JULY - SEPTEMBER 2019



ABSEILING @ KP CLIFFS

We had a great day abseiling at Kangaroo Point in June, at a **parent-child relationship building activity**.

HYPARWILD guided abseilers over the cliff edge, showing that facing obstacles together builds trusting relationships.

20% adventure and 80% mental challenge!

Everyone had a blast overcoming their fears and abseiling down the ledge. One parent told us that their son had become more outgoing and was spending more time with the family (rather than in his room) since the event, while his other son has decided to return to school.

DOLLARSMART

Tips and tricks on how to make your money go further.

Information on budgeting strategies.

Concession, rebate and hardship application support.

No interest loan application support.

Speak to Barbara at the centre if you're experiencing financial stress and looking for support.

SERVICES @ DBNC

Counselling Every Weekday

DollarSmart Monday to Wednesday

Parenting from the Inside Out starts 19 July

Taking Charge of Your Anger starts 5 August

Legal Service Tuesday 3:30 - 6pm

Centrelink Thursday 9 - 11am

NDIS (Carer's Qld) Thursday 1 - 3pm

KEIHS By appointment. Call 3204 2368

Gambling Counselling (RA) By appointment

Housing (Rent Connect) TBC - 23 July

Immunisation 9 July, 13 Aug, 10 Sept

Mobile Nurse Bus (QuINH) 8 July, 22 July



THANK YOU TO OUR VOLUNTEERS

We celebrated National Volunteer Week in May with a morning tea for our wonderful volunteers. Our volunteers contribute their time to support the centre to run activities and services for the community.

Thanks to John, Huriana, Marilyn (DBNC) Mark, Keith (back row), Jo, Beris, Heather (front row) and Suzanne (not pictured).



Find us on:
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DECEPTION BAY NEIGHBOURHOOD CENTRE

24 Endeavour Street, Deception Bay

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CERTIFICATE III COURSES

No cost to eligible participants

Looking to train for jobs that are in demand in the Moreton Bay area? The following Cert III courses are available at the centre, and we work with a number of employers who hire directly from our courses.

In July ... Early Childhood Education & Care

In August ... Individual Support-Aged/Disability Care

Courses have limited places so call and have a chat with our team.

Call on 3204 2022 or 0438 206 245



Cert I Construction crew building raised veggie patch at the centre for the community garden.

CREATIVE CRAFT GROUP

The **Craft Group** meets regularly at the centre for morning tea and art and craft activities.

White wash painting was very popular and some amazing pieces were created using cane baskets and photo frames.

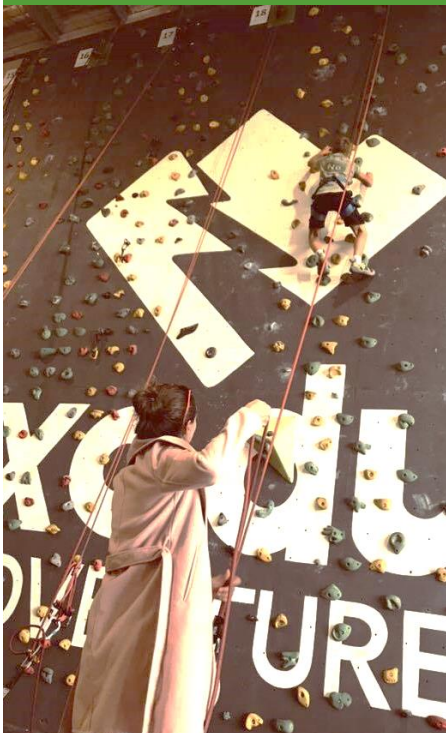


The craft group have scheduled another white-wash session for Wed 7 August. Rock painting is planned for Wed 17 July and potted succulents on Wed 4 September. Come along and have fun while learning new skills and share you crafty ideas with the group.

WHAT'S ON IN D'BAY FOR 6-12 YEAR OLDS

Monday	8:00am	Breakfast Club, DBNSS
	3:30pm	Drama Group, DBNC*
	3:30pm	Effective, DBNC*
Tuesday	8:00am	Breakfast Club, DBNSS
	3:30pm	Dance Group, DBNC*
Wednesday	5:00pm	TLC Dinner, Lighthouse
Thursday	8:00am	Breakfast Club, DBNSS
	3:30pm	Drama Group, DBNC*
Friday	3:30pm	Dance Group, DBNC*
	5:00pm	Baptist Church Kids Club

* During school term only



TAKE 2 ROCKCLIMBING

We kicked off **Take 2** by taking participants (kids and parents) rockclimbing in D'Bay.

Take 2 follows on from our **Parenting from the Inside Out** course, which explores parenting strengths, builds a greater understanding of child development and behaviour, and explores communication strategies.

Parents have a great understanding of their strengths and parenting approaches at the end of the course.

Contact the centre if you'd like to learn more about **Parenting from the Inside Out** or **Take 2**.

ACTIVITIES @ DBNC

Tea on the Terrace 10 Jul, 7 Aug, 4 Sep

Grandparents Group
15 & 29 Jul, 12 & 26 Aug, 9 & 23 Sep

Craft Group

- Rock Painting 17 Jul
- Basket White Washing 7 Aug
- General Crafting 21 Aug
- Potted Succulents 4 Sep
- General Crafting 18 Sep

Holiday Fun Day Apex Park, 10 Jul

Expressions Drama Group
Monday or Thursday, 3:30 - 4:30

Children's Dance Group
Seniors, Tuesday, 3:30 - 5:00pm
Juniors, Friday, 3:30 - 4:30pm

Effective
Last Monday of Month, 3:30-4:30pm

Contact us for more details about activities



Funded by
Information * Referrals * Community Development * Family Support * Counselling * Support Community Initiatives
Children's Activities * Courses, Workshops and Seminars * Tax * Social Activities * Venue Hire * Financial Resilience