

The background features a stylized illustration. At the top left is a large yellow sun with a purple wavy line representing a ray. Below the sun are several hands in various colors (orange, brown, white) and orientations, some appearing to hold or support. On the right side, there is a purple face with white outlines for eyes and a mouth. The overall style is modern and artistic.

# Her Newsletter

APRIL 2023

The Centre for Women & Co. acknowledges and pays respect to the traditional owners of the lands on which we work and live; the Jagera, Yugambah and Quandamooka peoples and to the more than 250 Indigenous nations across Australia.

We recognise our First Nations peoples continued connection to land, sea, culture and community. We learn their histories and teachings through considered and purposeful collaboration and reconciliation.

The Centre for Women & Co. recognises sovereignty has never been ceded.

Always was and always will be.

# WHO ARE WE?

The Centre for Women & Co. is a not-for-profit organisation that exists to educate, support and empower women and their families across the Redlands and Logan regions.

Our services are free and available for people who live or work in Logan, Beenleigh and the Redlands. We accept self-referrals and referrals from other organisations or doctors.

Please call 07 3050 3060 to speak with one of our team to arrange an appointment.

We also provide crisis support at the Cleveland and Logan Central offices.



Specialist  
Domestic Violence  
& Women's Wellbeing  
Services

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## SUBSCRIBE

Never miss an issue.

Subscribe at [centreforwomen.org.au](https://centreforwomen.org.au).

## CONTACT US

For general inquiries about our newsletter, social media pages or community education and engagement, write to [hello@centreforwomen.org.au](mailto:hello@centreforwomen.org.au).

## DONATIONS

To inquire about donations and support, get in touch at [hello@centreforwomen.org.au](mailto:hello@centreforwomen.org.au). or follow this link <https://centreforwomen.org.au/donations>

# HELLO

Hello everyone, I can officially confirm that Kirsty's last Hello prediction of a thriving sea monkey population at Logan came true! And as an even bigger shock, Logan will soon welcome a flourishing fish population too; I cannot wait for the Hello – Office Pets of 2023 photo edition! I see your adorable dachshund HQ (Mabel), and raise you Shrimpies and a Neon Tetra. Beenleigh, Redlands and Capalaba – whatchu got? Not that we're competitive or anything...

I'm farewelling Local Link this quarter, and it's a bittersweet moment as the dream team reunites in Co-Responder!

Working within the NGO sector often means contract instability, continuous change, and challenges to our boundaries with seemingly endless work ahead. It also means that passion abounds, creativity and innovation thrive as we strive for the best outcomes for clients and team members, and learning opportunities are limitless. In holding space, compassion, and a centre of calm, for participants every day, we (okay, I) can sometimes forget that those things must also be given to ourselves. So thank you, Local Link, wider

CFW teams, and Leadership, for the check-ins, the pertinent and valued training opportunities, and the care and consideration for team culture that you incorporate into every action.

Now sappiness aside – a special shout-out to our Gala event!!! BTW's – how epic was our Gala DJ?! And the food, speeches, CFW history made, and money raised! Who knew Stacey and Lydia were such hustlers?! I reckon you could fundraise our entire year's operating costs and take over the world if you put your minds to it!

Now, it's time to don my sparkly red shoes, give the doctors a break, and say hello to the Peeps in Blue.

Cheers Ears!

KAYLA - CO-RESPONDER

# WHAT'S BEEN GOING ON?

## FEBRUARY MORNING TEA

During the month of February, our Community Engagement Officer, Ella, co-facilitated a morning tea with Chels from Earth & Scout at our Beenleigh office.

We had 10 amazing women from our community join us to create 2 roller balls as well as learn about the different essential oils and crystals.



If you would like to attend our next Morning Tea at Beenleigh, go to page 8 to find more details.

## QUEENSLAND WOMEN'S WEEK

In the month of March we celebrated International Women's Week and released a new shirt design! You can find the link to this shirt on page \_

We also held our 30th Anniversary Gala!

## THE CENTRE FOR WOMEN & CO. 30 YEAR GALA

On the 10th of March we celebrated not only the end of International Women's Week but 30 years of service in the Logan & Redlands areas.



Thanks to our Gala supporters, we raised \$14,100 for our organisation & community!!!

The impact of this support is overwhelming and the CFW will be using the funds to provide much needed support to children and women in our communities who are in need.

We cannot thank everyone enough for your support and contribution, it takes ALL of us to do this work and we are #strongertogether



# IGNITE



SPARK YOUR JOURNEY TO SELF-COMPASSION

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FREE TO ATTEND  
27TH APR 2023 | 9:30 AM- 1 PM  
29 CITY ROAD, BEENLEIGH

Join us for a 3-and-a-half-hour workshop where we introduce the concept of:

- self-compassion
- self-care
- mindfulness
- your inner critic
- managing emotions

Walk away with an increased understanding of your wellbeing and ability to practice adaptive coping skills in your every day life.

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Register by calling, 3050 3060 (Option 1) or email [BeenleighAdmin@centreforwomen.org](mailto:BeenleighAdmin@centreforwomen.org)  
[www.centreforwomen.org.au/services](http://www.centreforwomen.org.au/services)



**empower her voice,  
secure her future.**

**empower her voice,  
secure her future.**



# WHAT'S COMING UP?

WELLBEING WORKSHOPS FOR WOMEN LIVING IN  
LOGAN, BEENLEIGH & THE REDLANDS.

## APRIL

Thursday 13th: Screen Print Workshop

9am - 12pm | FREE

*Unit 12, 126/130 Compton Road, Underwood*

Thursday 27th: Kickstarter (8 sessions)

9:30am - 1pm | FREE

*Cleveland - Address will be provided at registration*

Thursday 27th: IGNITE

9:30am - 1pm | FREE

*29 City Road, Beenleigh*

## MAY

Tuesday 2nd: Kickstarter (8 Sessions)

10am - 2pm | FREE

*Logan - Address will be provided at registration*

Wednesday 3rd: Kickstarter (8 Sessions)

10am - 2pm | FREE

*SMBI Islands - Address will be provided at registration*

Thursday 4th: Flourish

9:30am - 1pm | FREE

*29 City Road, Beenleigh*

Monday 8th: Flourish

9:30am - 1pm | FREE

*Cleveland - Address will be provided at registration*

TURN TO THE NEXT PAGE FOR MAY & JUNE DATES.

## MAY

Friday 26th: Women 'n' Wheels - Morning Tea

10am - 12pm | FREE

29 City Road, Beenleigh

## JUNE

Thursday 8th: IGNITE

9:30am - 1pm | FREE

29 City Road, Beenleigh

If you would like to attend one of our upcoming workshops or groups please contact one of the following addresses:

For workshops in the Redlands areas:

[redlandsgroups@centreforwomen.org.au](mailto:redlandsgroups@centreforwomen.org.au)

(07) 3050 3060 - Option 3

For workshops in the Logan areas:

[BeenleighAdmin@centreforwomen.org.au](mailto:BeenleighAdmin@centreforwomen.org.au)

(07) 3050 3060 - Option 2

For Kickstarter registrations:

[redlandsgroups@centreforwomen.org.au](mailto:redlandsgroups@centreforwomen.org.au)

(07) 3050 3060 - Option 3

For general information or questions:

[Hello@centreforwomen.org.au](mailto:Hello@centreforwomen.org.au)

(07) 3050 3060 - Option 4

# KICKSTARTER

THE  
CENTRE  
FOR WOMEN  
& CO.

SUPPORTING WOMEN WHO ARE STEPPING IN TO WORK OR STUDY IN THE REDLANDS AND LOGAN REGIONS.

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FREE TO ATTEND  
9:30 AM- 1 PM  
CLEVELAND - ADDRESS TBA

Module 1   27/04	Module 5   01/06
Module 2   04/05	Module 6   08/06
Module 3   18/05	Module 7   15/06
Module 4   25/05	Module 8   22/06

Over 8 sessions, our Kickstarter program empowers you to take your next step towards employment or study in a positive, safe and supportive environment.

Cover topics such as resume writing, interview skills & self-confidence, goal setting, financial education, personal & professional development + many more!

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To join or learn more about Kickstarter, please call us on 07 3050 3060 (option 3), or email your interest to [redlandsgroups@centreforwomen.org.au](mailto:redlandsgroups@centreforwomen.org.au)





## LAURA

KICKSTARTER  
COMMUNITY  
ENGAGEMENT WORKER

# COMMUNITY CHANGE MAKER

*Our Community Change Maker segment takes time out to give massive high fives to some of the legends in our community, ripping it up like a Boss with a capital B. We know you all are out there and we're your biggest fans!*

*A massive thank you to this edition's Community Change Maker, for letting us share their awesome story.*

### TELL US ABOUT YOURSELF?

My name is Laura, and I recently started at the Centre for Women & Co. I am working in the Kickstarter team doing community engagement. I also am a person who loves being outdoors, being adventurous and travelling.

### WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

I have recently been focusing on learning the ropes of my new role in the Kickstarter team and getting to know the Centre for Women & Co team. My goal is to get more women in the Logan and Redlands regions to engage with such a great program.

## WHY DO YOU DO WHAT YOU DO?

I am passionate about improving the lives of others and empowering women to reach their fullest potential. Kickstarter is an excellent program because it gives women agency in their lives to make their own way and achieve their financial and professional goals. I also love working with the community, so this role is an excellent opportunity for me to do so.

## WHAT IS SOMETHING THAT BRINGS YOU JOY?

SO MANY THINGS! At work, I love getting Kickstarter referrals, hearing about the fantastic stories that come out of Kickstarter and talking to my amazing teammates. I enjoy being outside doing fun stuff like hiking, surfing, snowboarding and bike riding (see photos for reference). I find a lot of joy in spending time with family and friends and my staffy x kelpie Sadie. Also, the movie Paddington 2 brings me so much joy.

## WHAT IS A MESSAGE THAT YOU WANT TO TELL YOUR FUTURE SELF?

I would tell myself to take it easy and keep doing the stuff I love :)





## ELLA-JAYNE

COMMUNITY  
ENGAGEMENT  
OFFICER

# GIANT EASTER PODS

Easter is almost here and that means chocolate, treats and yummy food! These Giant Easter Pods are perfect to make for Easter gatherings, or to enjoy at home by yourself!

### INGREDIENTS

- 450g - Cookie Dough Roll
- 395g - Top'n'Fill Caramel
- 225g - Chocolate Melts
- 125g - Cadbury Mini Eggs

\*You can swap the Cadbury Mini Eggs out for other toppings of your choice\*

### DIRECTIONS

1. Using a cupcake tray, add your cookie dough and line the area with a layer to create a cookie dough cup. Bake as per the instructions (of cookie dough).

2. Whilst you wait for them to bake, pour your Top'n'Fill Caramel into a bowl and mix until smooth.

3. Once your cookie dough cups have baked & cooled down, fill each center with the smooth caramel.

*\*You may need to push the cookie dough down with a spoon to create a well/cup\**

4. In a separate bowl, melt your Chocolate Melts in the microwave until smooth and runny.

5. With a spoon, drizzle the melted chocolate on top of the caramel and top them with crushed-up Mini Eggs!

Your Giant Easter Pods are now ready to eat!!! Enjoy!



## NIC

MARKETING,  
COMMUNICATION  
& ENGAGEMENT  
COORDINATOR

# WE'VE ALL GOT BOUNDARIES

We hear a lot about boundaries. And that's wonderful and super important. We share the importance of healthy boundaries in our work with young children all the way through to our oldest clients. But, sometimes, we can get caught up in our boundaries and forget the impacts that we can have on the people in our lives.

I think the way it's explained sometimes can make them seem really simple. For a visual idea, it's as simple as crossing the road.

1. Put a boundary in place (i.e. press the walk light button).
2. The boundary is respected (i.e. the walk light is green).
3. The relationship is healthy and can continue (i.e. cross the road).

In theory, this example is pretty great. For someone learning about boundaries for the first time, this can really help de-mystify the concept.

In saying that, it only takes into account the individual's wants, needs and boundaries. It amplifies the self-centred aspect of boundaries that is prevalent on social media and in our communities. It neglects that relationships are, at the very least, two-way streets, and each side of the street has different obstacles and sets of lights.

In reality, there are many more dynamics, wants, needs and boundaries that extend outside of individual needs. Instead of a simple walk light, it's actually more like a crazy busy intersection with turning lanes, walk lights, zebra crossings, hook turns, bike lanes and shared zones.



## NIC

MARKETING,  
COMMUNICATION  
& ENGAGEMENT  
COORDINATOR

There is a lot at play all at once and a lot at stake if something crucial is overlooked.

There's nothing wrong with wanting to look after yourself and ensure you are in healthy relationships and friendships. All we are saying is that we also need to make a conscious effort to think about how we also impact other people and ensure we are making safe spaces for our friends, family and loved ones to let us know if something isn't working for them. If you want to reflect on your boundaries, consider the following:

- "In setting this new boundary, can I anticipate this having any negative effects on the other person?" Make sure to know that if they have been benefitting from you having no boundaries, they might not like your boundary. That is different to causing someone direct harm or negative impacts.
- Reflect occasionally on your friendships and relationships and consider if you are bringing a positive impact to the dynamic. If you are comfortable enough to, you can ask the person and start an open and honest conversation.
- "Am I respecting their boundaries?" It's so easy to have the best intentions of respecting the boundaries of others but then slip back into old habits.

Boundaries are not always easy. They are not simple and straightforward. Boundaries take courage, humility and intention.





## ELLA-JAYNE

COMMUNITY  
ENGAGEMENT  
OFFICER

# SELF-CARE SPOTLIGHT - SWITCHING OFF FOR THE WEEKEND

In today's fast-paced world, where technology has made it easy for us to stay connected 24/7, it's becoming increasingly difficult to switch off from work and take time for ourselves. However, it's important to recognize the benefits of disconnecting, particularly on the weekends. Here are a few reasons why switching off on the weekend is important:

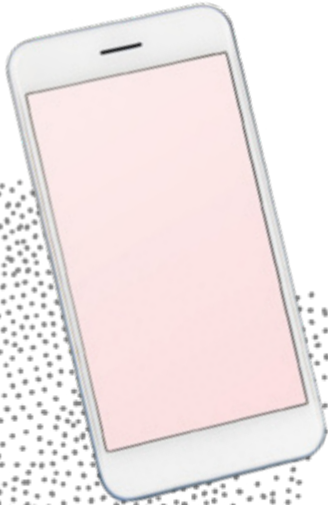
**Rest and recharge:** Taking time off from work on the weekends can help us rest and recharge, allowing us to return to work on Monday feeling refreshed and energized. Without this downtime, we may become exhausted and burn out, which can impact our productivity and well-being.

**Improved mental health:** Switching off on the weekend can also improve our mental health. Constantly being connected to work can lead to stress and anxiety, which can have a negative impact on our mental health. Taking a break from work can help us clear our minds, reduce stress, and improve our overall mood.

**Increased creativity:** When we take time to switch off, we create space for our minds to wander and explore new ideas. This can lead to increased creativity and innovation, which can benefit us both personally and professionally.

**Stronger relationships:** When we switch off from work on the weekends, we have more time to spend with family and friends, strengthening our relationships and improving our overall well-being.

By taking time to rest, recharge, and disconnect from work, we can improve our mental health, boost our creativity, and strengthen our relationships. It's important to prioritize our downtime and make it a regular part of our routine.





# **FUME GARAGE**

# **WOMEN 'N' WHEELS**

EDUCATIONAL MORNING TEA

Join Logan & Mariah from Fume Garage, Logan City's #1 & Australia's #3 Top Mechanic to learn all of your basic mechanical skills. From checking your oils, to knowing your rights, this morning tea is for everyone. No experience is needed to attend, and we encourage you to join us.

**FREE TO ATTEND**  
**FRIDAY, 26TH MAY**  
**10AM - 12PM**  
**29 CITY ROAD, BEENLEIGH**

Registration is essential, please call 3050 3060 (option 1) or email [hello@centreforwomen.org.au](mailto:hello@centreforwomen.org.au) to secure your seat.



**#STRONGERTOGETHER**



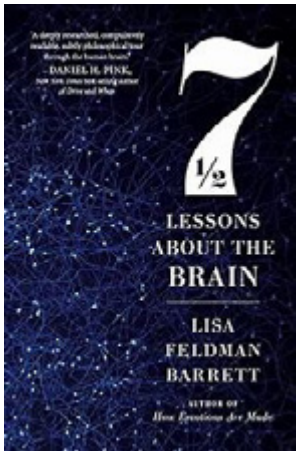
## BRINDA

WOMEN'S GENERALIST  
COUNSELLOR

# HAVE YOU HEARD OF...

*'Have you Heard Of' is a new section in Her Newsletter where we take some time to spotlight the amazing podcasts, books, shows and resources we have available in our communities!*

*Thankyou to Brinda for the Book recommendations!*



## 7 and a Half Lessons about the Brain - Lisa Feldman Barrett

If you're looking for a book about neuroscience and the brain that you can read on the beach, look no further!

In Seven and a Half Lessons about the Brain, Lisa Feldman Barrett condenses decades of the latest research and evidence about the brain's structure, function and purpose in a fun and jargon-free way. Starting from the evolutionary purpose of the brain when life on earth was micro-organisms to what it means for us now in the 21st century, it's not an exaggeration to say that this book changed my life.

# CONNECT WITH US

## CLEVELAND ARE OPEN:

Monday to Thursday:

9am to 4pm

Friday: 9am to 1pm

## BEENLEIGH & LOGAN CENTRAL ARE OPEN:

Monday to Friday,

9am to 4:00pm

(From 1.30pm on Thursdays)

We are located at Beenleigh, Cleveland and Logan Central, for the full address, please call us on 07 3050 3060

[www.centreforwomen.org.au](http://www.centreforwomen.org.au)

Facebook: [CentreForWomenandCo](https://www.facebook.com/CentreForWomenandCo)

Instagram: [@thecentreforwomen.co](https://www.instagram.com/thecentreforwomen.co)

## OTHER IMPORTANT SERVICES

DV Connect - 1800 811 811

Lifeline - 13 11 14

Chat online at - [lifeline.org.au](http://lifeline.org.au)  
(7pm - 12 am daily)

Text support on - 0477 13 11 14  
(6pm - 12am daily)

Kids Helpline - 1800 55 1800

Chat online at - [kidshelpline.com.au](http://kidshelpline.com.au)  
(24 hours all year round)

Homeless Persons Information Centre -  
1800 474 753

Youth Beyond Blue - 1300 22 4636

Chat online - [youthbeyondblue.com](http://youthbeyondblue.com)  
(3pm- 12am daily)

National Sexual Assault, Domestic  
Family Violence Counselling Service -  
1800 010 120 (*1800 RESPECT*)

Chat online - [1800respect.org.au](http://1800respect.org.au)

**IF YOU OR SOMEONE YOU KNOW IS  
IN DANGER, CONTACT THE POLICE  
IMMEDIATELY ON 000**

**YOU ARE  
NOT ALONE.  
BE CONNECTED.  
BE SAFE.**

# THANKS

We are blessed to be supported so wholeheartedly by our community. A big thank you to our partners and sponsors for all your support and for being part of the solution. These are just some of the people who have supported this past year.

#strongertogether



we  
are  
stronger  
together.