



Her Newsletter

February 2024

THE
CENTRE
FOR WOMEN
& CO.

her.
platform

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 DFV support at the Cleveland and Logan Central offices.

Contents

Hello

Newsletter Survey

What's Been Going On?

What's Coming Up?

Community Change Maker

Mini Quiche Recipe

Valentine's Day Self-Love Blog

Have You Heard Of?

SUBSCRIBE

Never miss an issue.

Subscribe at 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.

DONATIONS

To inquire about donations and support, get in touch at hello@centreforwomen.org.au. or follow this link <https://centre-forwomen.org.au/donations>

Hello!

Hello, 2024! I hope you are as excited as I am to be reading the first Her Community Newsletter for the year!

It truly is crazy to think only a month ago we were celebrating the last days of 2023. We really did race through the year and straight into the festive season, so let's recap!

In the last three months of 2023, we saw Chantel run some yoga sessions, Madelyn facilitated an Anger Management workshop and our group facilitators, Jastine & and Laura ran their regular (but stellar) groups.

We had Elle from Elle's Balcony Garden run another Pot Plant session and Ella has started planning all of 2024's creative workshops!

Not only did we run some amazing workshops, but we held our 3rd Makers Market, and it was a huge success! Keep an eye out for another one, or maybe two this year?! As for campaigns, the end of the year is always a little quieter with

16 Days of Activism, in which we saw our MCE team share some amazing educational posts.

We also saw the Not Now, Not Ever in Logan Reference Group release new Quick Help Guides!

Our CFW Team celebrated the closing of the 2023 work year at our team Christmas Party, and it was a blast! We are feeling refreshed and are ready to prioritise boundaries, self-care, well-being and some well-deserved rest!

This quarter's Newsletter is full of tips & tricks from our team on how you can stay on top of your new year goals and get the most out of your year.

ELLA-JAYNE

COMMUNITY
ENGAGEMENT
OFFICER



Do you have a minute?

WE WOULD GREATLY APPRECIATE YOU TAKING OUR 60 SECOND SURVEY!

We want to hear from YOU about what groups and workshops you have enjoyed and would want to see in the future!

[TAKE SURVEY HERE](#)



What's been going on?

2023 MAKERS MARKET

On November 11th, we held our third Makers Market at Her Space! During the morning, we saw 15+ small local businesses & creators, Ella & Sidney on coffees, 5 rack sale stalls and 100s of community members walk through Her Space. We are so excited to do it again later this year we're actually holding another in May!!! Keep an eye out for details & info (coming soon <3).



16 DAYS OF ACTIVISM

At the end of November into December we saw the last campaign for 2023, 16 Days of Activism. For this year's campaign, we supported the Not Now, Not Ever in Logan Reference Group with the distribution of new Quick Help Guides & limited-edition stickers with the messaging 'Powerful Together'.

CHRISTMAS & SERVICE CLOSURE

To close 2023, all six CFW/MACS sites got together in person for one last team celebration. The morning started with Courtney & Ella in inflatable Gingerbread costumes running around the room! We then enjoyed morning tea & lunch at the Glen Hotel, some fun games like Team Bingo, Guess Who and saw which site won our Ginger Bread House Competition (our Redlands Team took home the trophy!)

We are so grateful to meet up in person and celebrate the year together! Thank you CFW/MACS Team <3



IGNITE

THE
CENTRE
FOR WOMEN
& CO.

SPARK YOUR JOURNEY TO SELF-COMPASSION

FREE TO ATTEND
8TH FEBRUARY | 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.

Register by calling, 07 3050 3060 or email
BeenleighAdmin@CentreForWomen.org.au
www.centreforwomen.org.au/services



What's coming up?

WELLEBING WORKSHOPS FOR WOMEN LIVING IN
LOGAN, BEENLEIGH AND THE REDLANDS.

FEBRUARY

Thursday 8th: Ignite
9:30am - 10pm | FREE
29 City Road, Beenleigh

Tuesday 13th: Screen Printing 101
9am - 11am | FREE
Unit 12, 126-130 Compton Road, Underwood, 4119

Thursday 15th: Flourish (5 sessions)
9:30am - 1pm | FREE
29 City Road, Beenleigh

Monday 19th: Flourish (5 sessions)
9:30am - 1pm | FREE
Cleveland - Address TBA

Tuesday 27th: Kickstarter (4 sessions)
9:30am - 1pm | FREE
Logan - Address TBA

NEXT PAGE FOR MARCH DATES



MARCH

Thursday 1st: Kickstarter (4 sessions)

9:30am - 1pm | FREE

Cleveland - Address TBA

Friday 8th: Understanding Menopause

10am - 10am | FREE

29 City Road, Beenleigh

Wednesday 20th: Crepe Paper Florals

10am - 12pm | FREE

Unit 12, 126-130 Compton Road, Underwood, 4119

Thursday 21st: 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

For workshops in the Logan areas:
BeenleighAdmin@centreforwomen.org.au

For Kickstarter registrations:
RedlandsGroups@centreforwomen.org.au

For workshops in Underwood/general questions:
Hello@centreforwomen.org.au
07 3050 3060



SCREEN PRINTING 101

CREATIVE WORKSHOP

Join Ella from The Centre for Women & Co. and Her Platform for our first screen-printing workshop of 2024! Learn the basics of screen printing and print your own art print & tote bag.

FREE TO ATTEND
TUESDAY, 13TH OF FEBRUARY
9AM - 11AM
UNIT 12, 126/130 COMPTON ROAD,
UNDERWOOD

Registration is essential, please call 3050 3060 or email hello@centreforwomen.org.au to secure your seat.

THE
CENTRE
FOR WOMEN
& CO.

#STRONGERTOGETHER



Community Change Maker

Our Community Change Maker segment is where we highlight someone who making a big positive impact in our local community.

BEN

HARNESS

COORDINATOR

Thank you to this edition's Community Change Maker for letting us share their incredible story.

TELL US ABOUT YOURSELF!

My name is Ben and I am the Coordinator for the Harness Program based out of the Men & Co Services office in Capalaba. I've been in the role for a year and love being able to do a job where I can engage with people, pioneer something new, and do something that makes a genuine impact.

A rundown of my loves: my wife, my two basset hounds, live music, Muay Thai, reading, hiking, tattoos, travelling/new experiences, and food. I will do anything for a good quality pastrami Reuben.



WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

I have recently been focusing on going back to university so I can become a psychologist and sexologist whilst juggling that with all of the other things that fill my cup.

I want to be able to help people to be the best versions of themselves, and often sexuality is treated as a taboo topic, but it shouldn't be because sexuality and sexual identity are an important part of our individual identity and a key to us feeling happy and fulfilled in our lives. I am also currently taking time to explore all of the hidden bars and bakeries around Brisbane to share with the people I care about.

WHY DO YOU DO WHAT YOU DO?

I always wanted to do a job that helps people and that I felt made a difference, and when I was younger I saw that there was so much proactive work that could be done in the domestic violence space to prevent violence from happening. I think that a key to making sure that women, children, and other victim-survivors can be safe to live their lives is to take the time to understand the people who perpetrate violence so that we can better challenge and support them to be the best versions of themselves that they, their families and the community deserves.

WHAT IS SOMETHING THAT BRINGS YOU JOY?

Feeling present in the things that I am doing brings me joy. My mind often tends to wander, so I really enjoy just immersing myself in the moments in between, whether it's driving in the car with my wife, the smell of a book, feeling the sunshine on my skin, taking time to laugh or just being wrapped up in the vibes of a quality Aussie indie track.

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

Remember you don't have to be perfect, your best is good enough.



FLOURISH

THE
CENTRE
FOR WOMEN
& CO.

JOIN US FOR OUR SIGNATURE WORKSHOP
SERIES

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

19/02 | Nourish
26/02 | Cultivate
04/03 | Digging Deep
11/03 | Digging Deeper
18/03 | Bloom

Flourish is our signature 5 part workshop series where we dive into personal development. We cover topics like personal boundaries, self-confidence, self-worth, diet culture, sleep hygiene, healing from trauma & wellbeing.

Register by calling, 07 3050 3060,
or email RedlandsGroups@CentreForWomen.org.au
www.centreforwomen.org.au/services





Mini Quiche

It's back to work & school time which means daily lunches (boooo). To help stay within budget & eating well, here is a quick, freezable, yummy snack for you & the kids!

INGREDIENTS

2-3 sheets of Puff Pastry
6 eggs
200 grams of Shaved Ham
Baby Spinach
150 grams of Feta (Optional)
Grated Cheese
Salt & Pepper
1 tbs of Onion & Garlic Powder



ELLA
COMMUNITY
ENGAGEMENT OFFICER

DIRECTIONS

1. Pre-heat your oven to 180 degrees and set your frozen pastry on the bench.
2. Chop the ham, spinach & feta into cubes/1-2cm pieces.
3. Crack 6 eggs into a bowl and whisk together. Add some milk or thickened cream along with the seasoning.
4. Combine the chopped ingredients into your egg mixture and combine until altogether.
5. Cut your pastry sheets into square pieces that fit a cupcake tray and fill all 12 cups.
6. Using a spoon, fill each pastry cup until full and cover with some shredded cheese.
7. Pop in the oven for 20-30 minutes and you now have freezable, on the go snacks for lunches!

Double or triple the ingredients as you need.

KICKSTARTER

THE
CENTRE
FOR WOMEN
& CO.

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

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

Session 1 | 27/02
Session 2 | 05/03
Session 3 | 12/03
Session 4 | 19/03

Over 4 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!

To join or learn more about Kickstarter, please
call us on 07 3050 3060,
or email your interest to
RedlandsGroups@CentreForWomen.org.au



Valentine's Day Self-Love

There is much more to Valentine's Day than buying a fluffy teddy bear holding a heart that says 'I love you' on it. In fact, the history of Valentine's Day is conflicting and nobody knows for certain which event kickstarted it.

Some say it relates to the Imprisonment of Saint Valentine of Rome (a priest who was arrested for defying the Emperor who forbade soldiers from marrying). Some believe it dates back to the ancient pagan festival Lupercalia which was a Roman feasting festival where partners were paired up. It is theorised it became associated with purely romantic love in the 14th or 15th centuries in association with lovebirds who were prominent in the early Springtime in Europe.

The reason for this brief history lesson is simply to say, **Valentine's Day can be whatever you need it to be.** It can be a day you ignore, a day you celebrate your partner, friends or loved ones, or the day you practise self-love.



NICOLA
MCE TEAM LEADER

- **Cook yourself your favourite meal** (for me, it's definitely a pasta dish and garlic bread).
- **Watch your favourite guilty pleasure movie** (you know, the one you have watched 50 times and can recite off by heart).
- **Connect with a friend or loved one.** You might want to do a 'galentines' dinner with all your favourite gal pals, phone a friend or FaceTime a long-distance bestie.
- **Do a personal reflection.** We've written one up (see the next page).

Valentine's Day Reflection

How would my friends or loved ones describe me?

What tough times have I made it through recently?

What strengths have helped me through those tough times?

What made me smile this week?

What is something I can forgive myself for and let go of?



UNDERSTANDING MENOPAUSE

EXPAND YOUR KNOWLEDGE
ON MENOPAUSE

FREE TO ATTEND
8TH MARCH | 10 AM- 12 PM
29 CITY ROAD, BEENLEIGH

Menopause is a challenging time in life and can really rock the boat. It can impact mental health, sleep, energy and so much more! Learn what is happening in your body during this time, and how to care for yourself during this time of life.

We will be joined by naturopath, author and host of 'The Shift' Katherine Maslen.

Light refreshments & morning tea provided.

Register by calling, 07 3050 3060 or email
Hello@CentreForWomen.org.au
www.centreforwomen.org.au/services

THE
CENTRE
FOR WOMEN
& CO.

shift



COURTNEY
CFW RECEPTIONIST
AND EXECUTIVE
ASSISTANT

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!

Thank you to Courtney for the book & show recommendation!

BOY SWALLOWS UNIVERSE

Trent Dalton's bestselling debut novel *Boy Swallows Universe* gained him a legion of loyal readers and cemented his place in Australia's literary landscape.

Now, a seven-part Netflix series is about to bring his epic coming-of-age saga to a global audience.

Dalton's semi-autobiographical tale follows Eli Bell, a young boy growing up in the suburbs of 1980s Brisbane who is coming to terms with the harsh realities of life.

Boy Swallows Universe is a story about hope and "not judging people."





CREATIVE WORKSHOP
**CREPE PAPER
FLORALS**

Wednesday, 20th of March
10 am - 12 pm

Unit 12, 126/130 Compton Road,
Underwood

Unleash your creativity in a vibrant crepe paper floral workshop! Join us for an immersive experience where you'll learn the art of crafting stunning, lifelike blooms from colourful crepe paper. Guided by Ella from CFW, discover the secrets to crafting exquisite floral arrangements that will brighten any space. Let your imagination bloom!

THE
CENTRE
FOR WOMEN
& CO.

Registration is essential, please call
3050 3060 or email
hello@centreforwomen.org.au to secure
your seat.

*Connect
with us!*

CLEVELAND, BEENLEIGH
& LOGAN CENTRAL IS
OPEN:

Monday to Friday
9am - 4pm

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

www.centreforwomen.org.au

Facebook: CentreForWomenandCo
Instagram: @thecentreforwomen.co

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



Other important services

DV Connect - 1800 811 811

Lifeline - 13 11 14

Chat online at - 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
(24 hours all year round)

Homeless Persons Information
Centre - 1800 474 753

Youth Beyond Blue - 1300 22 4636

Chat online - youthbeyondblue.com
(3pm- 12am daily)

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

Chat online - 1800respect.org.au

YOU ARE
NOT ALONE.
BE CONNECTED.
BE SAFE.

*Thanks for
reading!*

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.



THE
CENTRE
FOR WOMEN
& CO.