

Hen Newsletter

JANUARY 2022



At The Centre for Women & Co., we recognise Aboriginal and Torres Strait Islander peoples as the First Peoples of this nation.

We value and celebrate the uniqueness of knowledges, histories, languages and cultures that have been created for over 60,000 years.

The Centre for Women & Co. pays respect to the Traditional Owners of the land on which we work including the Yugambah, Jagera and Quandamooka people.

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.

THE
CENTRE
FOR WOMEN
& CO.

Specialist
Domestic Violence
& Women's Wellbeing
Services



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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

centreforwomen.org.au/donations

HELLO

Hello 2022!!!!

Well we got through 2021 (just) and here we are at the very beginning of 2022, ready to ROCK!

If this is the first time you are reading our CFW Newsletter, well HELLO and WELCOME, I hope you are ready to enjoy some real goodness. If you are a long standing fan of these gorgeous newsletters, WELCOME BACK, you know the drill and thank you for all your support to date!

This year we have started off things a little differently, COVID (hate to say it) has made its way back into our lives and at CFW we are all about safety. So for those who access any of our services the only difference is that we have a few extra screening questions and online options are available again. Please be sure to call and speak to any one on the team about any concerns you may have or questions.

The CFW team are some of the best and I am always in awe at their dedication to finding innovative ways to engage and support our communities better. So please enjoy this latest newsletter with loads of information about what we have coming up and where to find all the latest news and self-care info. Make sure you go gentle on yourselves as we navigate this new year and we hope to see you soon.

STACEY ROSS - CEO



WHAT'S BEEN GOING ON?

QLD MENTAL HEALTH WEEK

October saw us through Queensland Mental Health Week and the release of our Women's Wellbeing Guide. This was an exciting piece for us because it's so relevant across all of our service and is also received so positively out in the community. Just a reminder of how much we all need gentle reminders about the basics of taking real care of ourselves. The guide is available for free to our clients and for purchase on the **Her Platform Shop**.



MAKERS MARKET

In November Her Platform held their first Makers Market at Her Space in Underwood which turned out to be a really lovely morning full of chilled vibes, lovely food and happy faces. We were excited to see lots of new faces from around the community too so lots of wins from this one!



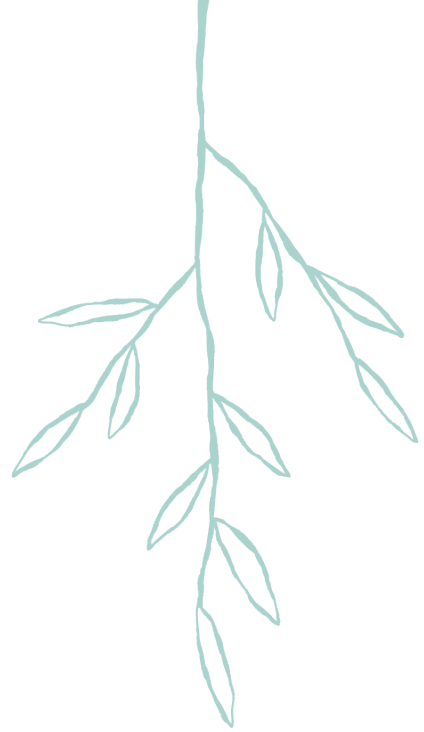
16 DAYS OF ACTIVISM

At the end of November we launched our Powerful Together campaign in partner with YFS and the rest of the Not Now, Not Ever reference group for the 16 Days of Activism Against Gender Based Violence. We've sent out badges, postcards and stickers throughout the community to encourage positive messaging about banding together as a community to put an end to domestic and family violence. Keep an eye out for the badges and posters around the community and please feel free to get in touch if you'd like to display some around your business.



CALLIGRAPHY WORKSHOP

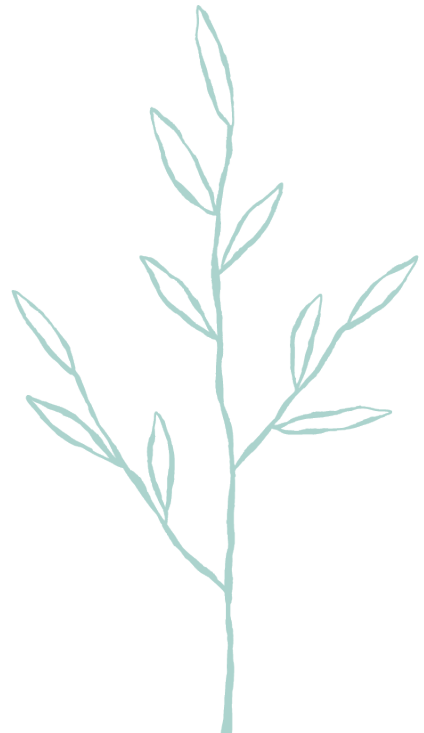
Our highlight in December had to be our Christmas Calligraphy workshop led by Ali from Creative Inking. We learned how to take our Christmas card-ing to the next level with some serious texter skills. Such a bougie way to wrap up the year!



HELLO 2022

Other than that, we started planning for some of the activities we'll be sharing with you this year. Check out the next few pages for what we have scheduled so far. There's more to come throughout the year so keep so an eye on our socials.

Looking forward to connecting with you all this year!



GOAL SETTING

with Tamara from
The Centre for Women & Co.



Friday 4th February
10am - 12pm

29 City Road, Beenleigh, 4207

FREE

Morning tea will be provided.

**TO REGISTER PLEASE VISIT
[WWW.CENTREFORWOMEN.ORG.AU/SERVICES/
WORKSHOPS](http://WWW.CENTREFORWOMEN.ORG.AU/SERVICES/WORKSHOPS)**

WHAT'S COMING UP?

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

JANUARY				
Thursday 27	Ignite Workshop	9:30am - 1pm	\$10	Beenleigh
FEBRUARY				
Friday 4	Morning Tea (<i>Goal Setting</i>)	10am - 12pm	No cost	Beenleigh
Friday 18	Flourish (<i>5 Week Series</i>)	9:30am - 1pm	\$10	Beenleigh
Friday 25	Ignite Workshop	9:30am - 1pm	\$10	Beenleigh
MARCH				
Friday 4	Morning Tea (<i>Wellbeing</i>)	10am - 12pm	No cost	Beenleigh
Monday 14	Flourish (<i>5 Week Series</i>)	9:30am - 1pm	\$10	Beenleigh
Thursday 17	Succulent Arrangement Workshop	10am - 12pm	\$25	Underwood
Tuesday 22	Ignite Workshop	9:30am - 1pm	\$10	Beenleigh
APRIL				
Friday 1	Morning Tea (<i>Gratitude & Positive Mindset</i>)	10am - 12pm	No cost	Beenleigh

Tuesday 19	Ignite Workshop	9:30am - 1pm	\$10	Beenleigh
Friday 22	Nourish Workshop	9:30am - 1pm	\$10	Beenleigh

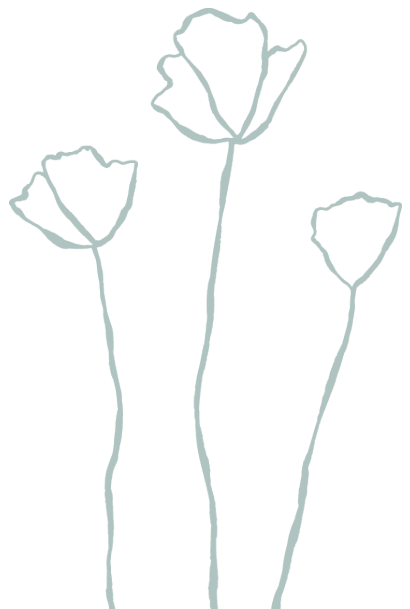
MAY

Friday 6	Morning Tea	10am - 12pm	No cost	Beenleigh
Friday 20	Screen Printing Workshop	9am - 12pm	\$25	Underwood
Tuesday 24	Ignite Workshop	9:30am - 1pm	\$10	Beenleigh

If you would like to attend one of these workshops and it is outside your budget, please speak with your counsellor about registration options.

Some are held at our Centre in Beenleigh and some at Her Space at HQ.

To find out more, visit our website at www.centreforwomen.org.au/services/workshops or email us at hello@centreforwomen.org.au.



SPARK YOUR JOURNEY
TO SELF-COMPASSION

IGNITE

Join us for a 3 - hour workshop
introducing the concepts of:

- self compassion
- self - care
- mindfulness

Thursday 27 January

9:30am - 1:00pm

29 City Road, Beenleigh

\$10 per person, all women

To register, please call 3050 3060 or
email reception@centreforwomen.org.au

RSVP is essential as spaces are limited.

www.centreforwomen.org.au

#STRONGERTOGETHER

THE
CENTRE
FOR WOMEN
& CO.



NIC

INTEGRATED COMMUNITY
EDUCATION & HER
PLATFORM PROJECT
WORKER

IT'S RAINING EXPECTATIONS

NEW YEAR, NEW YOU!

WHAT'S YOUR 2022 RESOLUTION?

BE YOUR BEST SELF IN 2022

Boom. The time switched from 11:59 pm to 12:00 am, and suddenly there's a downpour of expectations for you. You're expected to be your best physically, mentally, personally and professionally, all because of minutes on a clock. This downpour of expectations can bring about gloomy and stormy forecasts like stress, comparison and lowered self-worth.

Sure, seeing the New Year as a clean slate can be great too. It can give you a feeling of 'a fresh start' mentally and emotionally and can allow you to keep moving forward past your struggles. So, how can you use the 'fresh start' of 2022 to your advantage? Let's start with a few small changes that can positively impact your wellbeing.

PRACTISE POSITIVE SELF-TALK

Negative self-talk is like an impending storm. It can make you feel yucky, exhausted and down. Instead of spending 2022 telling yourself, "you're not good enough" or "you should be further ahead in life by now", talk to yourself the way you would to a loved one. Remind yourself, "you've got this" and "you're more than enough." It's amazing the impact it can have on your mental health, wellbeing and self-worth.





NIC

INTEGRATED COMMUNITY
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WORKER

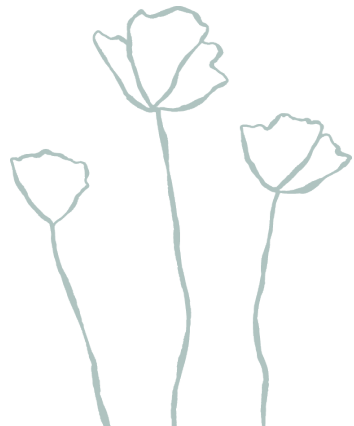
CHALLENGE NEGATIVE THOUGHTS

Thoughts. Are. Not. Facts! Thoughts are just thoughts. You have over 70000 every day. We are pre-wired to hold onto negative thoughts about ourselves and dismiss positive ones. This year, when a negative thought pops into your head, ask yourself, "Is this a fact? Or am I just clutching onto a negative thought?" Let negative thoughts pass by. If it helps, pretend the negative thoughts are like clouds in the sky. Just let them float on by.

REMIND YOURSELF OF YOUR STRENGTHS

It's so easy to get down on ourselves. This year, every now and again, you could practice reminding yourself of your strengths. So you've had an awful week, month or year... you're still here! So, how did you get yourself through it? What strengths have you pulled on this year to keep moving forward? What strengths have you built upon? Tending to your wellbeing in this way is like tending to a garden. Flowers won't flourish without sunshine, and neither will your wellbeing.

2022 can be a fresh start. But focus on little changes rather than an 'all-or-nothing' attitude. You are already all that you need to be. You just need to remind yourself of that sometimes.





GIRL BOSS

Our Girl Boss 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 Girl Boss, for letting us share her awesome story.

ELLE

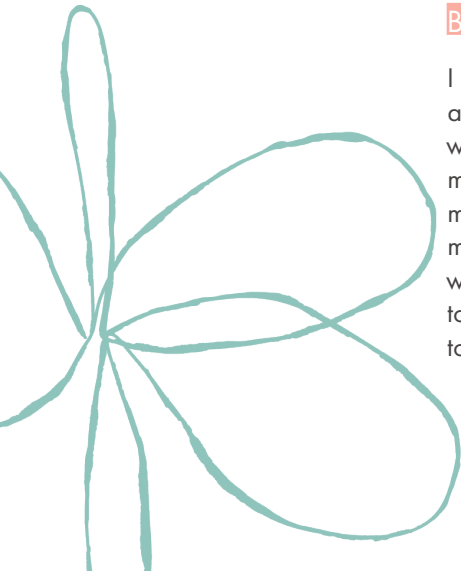
GIRL BOSS, SMALL
BUSINESS OWNER

TELL US ABOUT YOURSELF?

I'm Elle, I'm 25 years old and have a huge love for plants and all things colourful. I grew up in small beach town called Yeppoon and have lived in Brisbane for almost 6 years now – loving every single bit of it!! I graduated Uni with a degree in Sociology and Marketing, and have been running my business Elle's Balcony Garden for two years full time, something which to this day is still a pinch me moment!

WHAT MADE YOU WANT TO START YOUR BUSINESS?

I started selling my hand-painted pots to friends and family and never thought that this as a 'business' would be sustainable. I attended a few markets with my pots and plants and the growing interest surprised me. Down the track I created a website and made it my 'side hustle' while working part time. It was only when I found it more fun to be painting than going to my day-job that I knew I had to start working towards making the switch!



INTRODUCTION ABOUT WHAT YOU DO?

Apart from my big love for plants, I hand-paint unique, quirky and colourful pots. I draw inspiration from everyday objects, food and bright colours and aim to create pieces that bring joy into people's homes.

WHAT DO YOU LOVE MOST ABOUT IT?

One of my absolute favourite things is having the opportunity to meet and connect with so many like-minded people – customers, business owners, Makers, Creators and the list goes on!

IS THERE A WOMEN/SOMEONE IN YOUR LIFE THAT INSPIRES OR INSPIRED YOU?

My parents! They've always been huge garden and plant lovers, and they gifted me a box of succulents when I lived in a small apartment which has built what I'm so passionate about today!

DO YOU HAVE ANY TIPS FOR SOMEONE WHO WANTS TO START THEIR OWN BUSINESS?

Just go for it, write down your ideas, make it, create it and just start! Build up a portfolio, post photos to get your work out there and be genuine with your vision - your people will come organically!

FAVOURITE AFFIRMATION?

'I can do anything I set my mind to '



SUCCULENT WORKSHOP

Thursday 17th of
March 10am - 12pm

\$25 Per Person



ELLE



Unit 12 | 126/130 Compton Road,
Underwood, 4119

TO REGISTER PLEASE VISIT
[WWW.CENTREFORWOMEN.ORG.AU/SERVICES/
WORKSHOPS](http://WWW.CENTREFORWOMEN.ORG.AU/SERVICES/WORKSHOPS)



ELLA

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NEW YEAR SUMMER SNACK!

Summer is here and we are feeling the heat! Here is a simple & fun two-ingredient snack to cool you down for you to try!

INGREDIENTS

1 ripe medium watermelon, peeled, cubed and seeded

1 small lime

DIRECTIONS

1. Arrange the watermelon cubes in an even layer on a baking sheet. Transfer the baking sheet

to the freezer and freeze until the watermelon is solid, about 2 hours.

2. Working in batches, transfer the watermelon cubes to a blender or food processor and puree until smooth.

3. Divide the puree among two loaf pans (or put it all in one deep baking dish), packing it down as you add more on top.

4. Transfer the pans to the freezer. Freeze until the sorbet is scoopable, 1 to 2 hours more. To serve, scoop the sorbet into dishes and squeeze with the juice of fresh lime and eat immediately!

For an extra punch, thinly peel a sliver of ginger and/or chilli (...a very *thin peel*) and place on top before serving.





ELLA

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2022 MOVEMENT

WHY IS MOVEMENT IMPORTANT?

Our bodies are designed to move in all different directions; we run, jump, walk, swim, bend forward, backwards and so on. It's movement that gives us healthy joints, strong bones, physical strength, good circulation; including cardiovascular circulation, good coordination and reflex reactivity; improved learning skills and concentration, and mental well-being.

WHAT ARE THE BENEFITS OF YOGA?

Yoga brings both physical and mental disciplines together to achieve a peaceful body and mind; it helps manage stress and anxiety

and can help regulate yourself. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Daily Yoga sessions can also improve your heart health!

Tiger Pose

1. On your hands and knees in Table pose, inhale the right knee to the forehead, rounding the spine.
2. Exhale reach the right foot up towards the ceiling, arching the spine and looking up at the ceiling.
3. Inhale the forehead to knee and exhale the foot up 4-8 times. Optional: exhale with a "Haaa!" sound out of the mouth.
4. To release: exhale the knee back down to the floor into Table pose.
5. Repeat on other side.



WELLBEING WORD SEARCH

Instructions: Find the list of words below in the above Wellbeing Word Search.

- Boundaries
- Reflect
- Grounded
- Empathy
- Health
- Mantra
- Mindful
- Breathe
- Bloom
- Love
- Relax
- Wellbeing
- Calm

P	U	C	H	E	A	L	T	H	C	J
W	E	L	L	B	E	I	N	G	S	B
B	M	R	R	C	V	X	A	L	E	R
U	P	A	B	L	O	O	M	E	R	E
C	A	L	M	O	L	V	L	T	E	A
A	T	G	E	L	S	M	U	A	H	T
R	H	L	Y	A	S	A	F	M	P	H
B	Y	G	R	O	U	N	D	E	D	E
R	E	F	L	E	C	T	N	U	H	E
B	O	U	N	D	A	R	I	E	S	F
S	O	N	A	R	J	A	M	R	A	M

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

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**

(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

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.**

