



Her Newsletter

JANUARY 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 DFV 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.

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://centreforwomen.org.au/donations>

HELLO

Hello everybody, and welcome to 2023!! I hope everyone enjoyed their Christmas and New Years' celebrations and is ready for the year ahead.

To put it lightly, it was a wild ride last year. Many changes, some huge wins, and some big challenges too - but I couldn't imagine a better group of people to tackle them with.

There are a lot more changes coming to 2023, with quite a few of our teams growing and changing - specifically, some big changes coming to the HRTs across Logan and Redlands (coming soon - watch this space) and I am very excited to see what both teams accomplish in this space. Shout out to our Logan HRT gals, in particular, who have recently overcome more than their fair share of challenges but continue to be incredible advocates for the women they're supporting despite the hurdles.

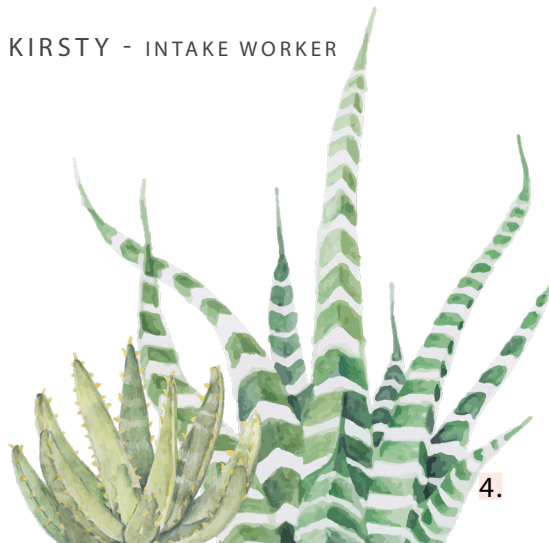
We welcome a few team members across our sites this month - which is super exciting! Unfortunately, we are also saying goodbye to colleagues and friends this month, but I think we are primarily in denial about that, so we'll skip over it.

We also have our new and improved women's group workshops coming early this year, DFV Prevention Month in May, and whatever else 2023 wants to throw at us. I am also going to speak it into existence now - this is the year Logan will have a thriving sea monkey population - I can feel it team.

(Our Logan team have sea monkeys as an office pet! - well, trying to)

Have a great year, everyone - keep doing what you're doing. Our team is ready for a BYOTT (Big Year on the Tools)!

KIRSTY - INTAKE WORKER



WHAT'S BEEN GOING ON?

MAKERS MARKETS

On the 5th of November 2022 we held our 2nd Makers Market at Her Space!



We had 20 stall holders join us; most returning from 2021 market! Look out for 2023 and maybe, just maybe, 2 markets...

GROUPS & WORKSHOPS

So amazing to think that last year The Centre for Women & Co facilitated 41 workshop & groups across the Redlands & Logan regions. That was 233 women who attended throughout the year of 2022!

2023 is going to be bigger & better! We have multiple workshops & groups across Redlands & Logan every week and all of them are FREE!

Head to [page 8 & 9](#) to see this quarters workshops & groups and how to register.

16 DAYS OF ACTIVISM

The theme for 2022 16 Days of Activism was "Respect Women, Call It Out".

Over the 16 days, we asked The Centre for Women & Co. team "What is one thing that you would like to see change/happen in our communities/ country/world?". We then shared their answers on our social media every day! These were some of the teams answers:

- "I want to see men hold other men accountable for their choice to use violence."
- "I want an end to the myth that 'DFV just doesnt happen here!'"
- "I want childrens voices to be heard, respected and valued. Let's stop discrediting their voice due to their age."

T2A EVENT

During the month of November, our Community Engagement Officer, Ella, attended the T2A event at YFS.

With over 100+ young people attending and dozens of suport services, the event was filled with music, laughter and big smiles! We can't wait for this years event.



Join us to celebrate 30 years!
The Centre for Women & Co.

GALA

Friday | 10th March | 6pm | 2023
The Glen Hotel

Tickets can be purchased on Eventbrite:
<https://www.eventbrite.com.au/e/cfws-30th-anniversary-gala-dinner-tickets-485798214537>

RSVP BY 17.02.2023

KICKSTARTER

REDLANDS & LOGAN

Kickstarter is an eight-week program that is designed to support women who are getting ready to step into work or study. Covering topics such as, resume writing, interview skills & self-confidence, goal setting, financial education and personal & professional development.

FREE TO ATTEND
8 PART SERIES
9:30AM - 1PM
CLEVELAND

Kickstarter is run during the school term and school hours.

Please call us on 07 3050 3060 (option 3), or email your interest to redlandsgroups@centreforwomen.org.au

#STRONGERTOGETHER



THE
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& CO.

WHAT'S COMING UP?

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

FEBRUARY

Friday 3rd: Ignite
9:30am - 1pm | FREE
29 City Road, Beenleigh

Wednesday 8th: Kickstarter (8 weeks)
10am - 12pm | FREE
Cleveland - Address will be provided at registration

Thursday 9th: Crystal Roller Ball Morning Tea
10am - 12pm | FREE
29 City Road, Beenleigh

Friday 10th: Flourish (5 weeks)
9:30am - 1:30pm | FREE
29 City Road, Beenleigh

Tuesday 14th: Flourish (5 weeks)
9:30am - 1:30pm | FREE
Cleveland - Address will be provided at registration

MARCH

Friday 24th: Ignite
9:30am - 1pm | FREE
29 City Road, Beenleigh

TURN TO THE NEXT PAGE FOR APRIL DATES



APRIL

Thursday 13th: Screen Printing Workshop
9:30am - 1pm | FREE
Unit 12, 126/130 Compton Road, Underwood

Tuesday 18th: Ignite
9:30am - 1pm | FREE
29 City Road, Beenleigh

Friday 21st: Flourish (5 weeks)
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
(07) 3050 3060 - Option 3

For workshops in the Logan areas:
BeenleighAdmin@centreforwomen.org.au
(07) 3050 3060 - Option 2

For Kickstarter registrations:
redlandsgroups@centreforwomen.org.au
(07) 3050 3060 - Option 3

For general information or questions:
Hello@centreforwomen.org.au
(07) 3050 3060 - Option 4



ESSENTIAL OIL CRYSTAL ROLLER

CREATIVE MORNING TEA

Join Chels from Earth & Scout for our first morning tea of 2023! Socialise & create 2 beautiful crystal roller balls filled with essential oils.

FREE TO ATTEND
THURSDAY, 9TH FEBRUARY
10AM - 12PM
29 CITY ROAD, BEENLEIGH

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

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KELSEY

AUXILIARY FIREFIGHTER

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

Hi! My name is Kelsey; I am 20 years old and an Auxiliary Firefighter for Queensland Fire and Rescue. I also work part-time on the weekends at a beautiful cafe in Rathdowney.

WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

I have recently spent the last 12 months applying for full-time positions within Queensland Fire and Rescue. Throughout this process, I was challenged both physically and mentally, but the experience and confidence I gained from this were amazing.

Unfortunately, I did not make it through to 2022/2023 intake of recruits. However, my goal this year is to pursue this application process again and work towards a full-time position working for an organisation I love and am proud to be a part of.



WHY DO YOU DO WHAT YOU DO?

I do what I do as a firefighter because I love feeling connected to my community. We protect our local people 365 days per year and in a large variety of ways. We also partake in traditions like the annual Santalily run, Christmas Markets, ANZAC Day, Remembrance Day and much more. Knowing I am there to support the community is my ultimate motivation as a firefighter.

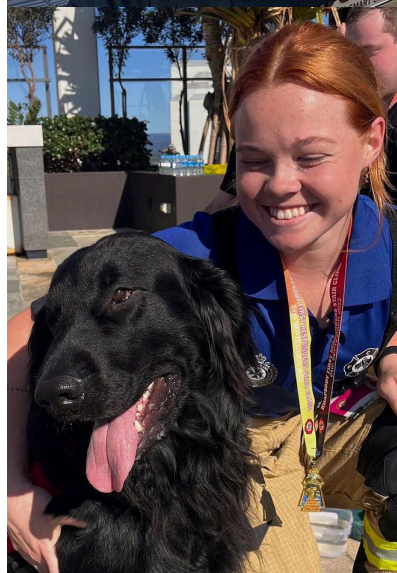
WHAT IS SOMETHING THAT BRINGS YOU JOY?

My close friends and family bring me the most joy in the world. Having such an incredible support network and strong relationships is so important to me.

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

I would tell my future self to focus and enjoy the small moments that life gives me.

I think today's environment is very fast-moving and sometimes overwhelming, so it is important for me to take this year one step at a time and enjoy the little things.





ELLA-JAYNE

COMMUNITY
ENGAGEMENT
OFFICER

TIM TAM DELIGHTS

There is nothing like getting home late and not having something prepared for dinner. Here is a quick 10 min dish that everyone loves!

INGREDIENTS

- 2 packets of Tim Tams
- 400ml - condensed milk
- 1/2 cup - desiccated coconut
- 1/4 cup - milo

You can swap the Tim Tams out for other biscuits of your choice & add chocolate chips

DIRECTIONS

1. Place your packets of Tim Tams into a blender or a zip lock bag. Blend/crush the Tim Tam's until your desired size of chunks.
2. Adding the crushed Tim Tam's into a bowl, pour your 400ml of condensed milk and stir until combined. Place your wet mixture into the fridge for 45 min-1 hour.
3. In a separate bowl, mix your desiccated coconut & milo.
4. Using a table spoon, scoop the wet mixture into your hand and roll it into a ball.
5. Roll the ball in the dry mixture and set on a tray to chill in the fridge for another hour.

Your Tim Tam Delights are now ready to enjoy with a hot cuppa!



THE PLACEBO EFFECT

It's January. It's the early days of an entirely new year. It's 2023.

NIC

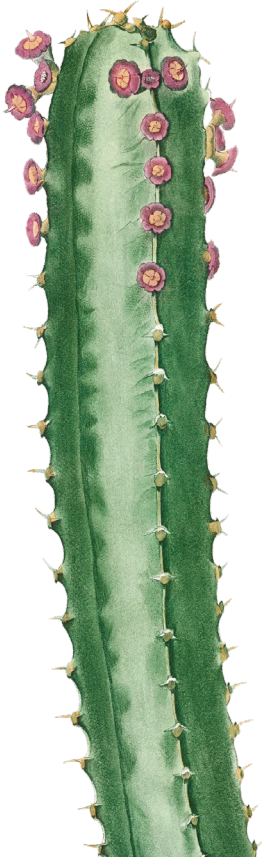
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COMMUNICATION
& ENGAGEMENT
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When I started writing this blog piece, my mind immediately wanted to start writing about the importance of not falling into the 'new year, new me' trap of January 1st. All these negative connotations of the new year flooded my head. I thought about toxic diet culture guiltting me to completely overhaul my diet and exercise routine. I thought about the professional push to write a list of goals that ultimately became unachievable. For many people, these things often lead to feeling like a failure and burnt out within a few weeks or months of the new year.

I think the stem of these negative connotations also comes from how new years is portrayed in magazines, pop culture and social media. It has often been portrayed as a sort of 'midnight magic' event where something magic happens at midnight on January 1st, and the past year is forgotten and washed away. Of course, this isn't the case; no physical magic occurs at midnight. So, what is it that makes new years such an enticing time?

I think it's a few things; a fresh start, a blank canvas or maybe even a bit of a placebo effect. When I started to shift my perspective from the overtly negative aspects of new years resolutions, it became clear why new years can be such a positive and necessary change for many of us.

It can be a time of finishing one chapter and turning the page to start another chapter.





NIC

MARKETING,
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So when we look a little close, I think what's below the blank canvas, placebo effect, and a new chapter is hope. Hope entices us to keep moving forward, forgive ourselves for our past mistakes and step into a new year with a changed perspective and mindset.

In the words of Bernard Williams, "there was never a night or a problem that could defeat sunrise or hope." I think this is the magic of new years. It is the hope that despite how terrible the past year was, the new year can be better.

After the changes, the difficulties and the losses of the last three years - and for some, perhaps even longer - it is understandable if a new year feels daunting. Sometimes, we want to hide behind a mask of excitement and celebrate when the clock strikes midnight. But underneath, we can feel a storm of anxiety brewing. The new year holds a lot of anticipation, good and bad. So, go easy on yourself this year, but try to hold onto that hope even in the darkest times.





ELLA-JAYNE

COMMUNITY
ENGAGEMENT
OFFICER

SELF-CARE SPOTLIGHT - GROUPS & WORKSHOPS

For this quarters Newsletter, I really wanted to highlight the incredible workshop & groups that The Centre for Women & Co. have to offer across the Redlands & Logan regions.

1. KICKSTARTER

Kickstarter is an eight-week program covering topics such as values, work boundaries, goal-setting, working through challenges and getting prepared for work or study.

2. FLOURISH

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.

3. RISE

Rise is a 6 part workshop series that covers the principles of respect, unhealthy & healthy relationships, personal/relationship boundaries, red flags & green flags, and how to keep yourself safe.

All three of these workshops will hopefully leave you with a better understanding about yourself and loved ones.

If you would like to register to one of our upcoming workshops please turn back to page 9. Information on who to contact is provided on this page.



IGNITE

THE
CENTRE
FOR WOMEN
& CO.

SPARK YOUR JOURNEY TO SELF-COMPASSION

FREE TO ATTEND
3RD FEB 2023 | 9 AM- 1.30 PM
29 CITY ROAD, BEENLEIGH

Join us for a 3-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, 3050 3060 (Option 1) or email BeenleighAdmin@centreforwomen.org
www.centreforwomen.org.au/services





RACHAEL

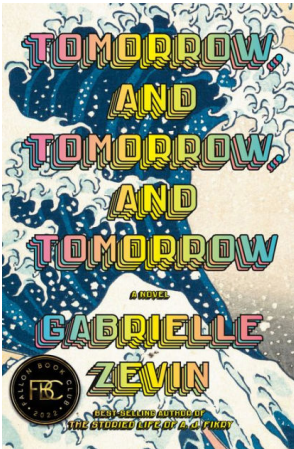
SMBI COMM ED &
WOMEN'S HEALTH
COUNSELLOR

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 resoucrses we have available in our communities!

Thankyou to Rachael for the Book recommendations!

Tomorrow, and Tomorrow, and Tomorrow - Gabrielle Zevin



The book I would like to recommend is 'Tomorrow, and Tomorrow, and Tomorrow' by Gabrielle Zevin

This book is about two friends who create a video game together which becomes hugely successful and catapults their careers. Over the years the characters friendship is tested by their fame, ambition and different roads their lives lead.

Although I am not into video games, this book is an engaging read and page turner. I really enjoyed the character development in this book and felt like it was an insightful look at friendship and ego in the workplace.



CONNECT WITH US

CLEVELAND IS 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

**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.