



Her Newsletter

OCTOBER 2022

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.

THE
CENTRE
FOR WOMEN
& CO.

Specialist
Domestic Violence
& Women's Wellbeing
Services



CONTENTS

Hello

What's Been Going On?

QLD Mental Health

What's Coming Up?

National Child Protection Week

Community Change Maker

6 Ingredient Fried Rice

End-of-year Black Hole Blog

Self-care Spotlight

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://centreforwomen.org.au/donations>

HELLO

Hey good people! It's time for another quick catch-up! The end of the year is fast approaching, and I want to shout out everyone reading this and acknowledge that we're all doing our best and that that's good enough! Let's all keep encouraging each other and remember that kindness can change the world.

As always, our organisation is constantly changing, and I'd like to welcome all our new team members and new readers! Our newsletters are a great way to keep up to date with the rest of the organisation and celebrate the little wins that happen in our day-to-day life.

Some highlights you'll read today include our magnets for Child Protection Week, which have been well received from the feedback from some of our team's younger friends. If you're interested in some, you can check them out in our Her Platform Shop - where you can also find our NEW T-SHIRTS! Shout out to Ella for the feel-good design for this year's QLD Mental Health Week Tees. Remember that 100% of proceeds are funding primary prevention projects that aim to break the cycle of violence and de-stigmatise mental health issues!

Another thing that I am excited to share is that our Makers Markets are returning this year! We have some returning faces and new local businesses to which we would encourage you to spread the love! You can read about it in more detail further down.

Lastly, we have some Women's Wellbeing Workshops scheduled for October and November. We have some cool things to sink your teeth into, such as DIY X-mas Table Décor workshops or Mini Pot Plant workshops. Look at our "What's Coming Up" section (page 10) for some details! These workshops are open to all women from Logan, Beenleigh and Redlands, so feel free to talk to one of our team members if interested!

As always, we're always here doing our best to help support you! We're committed to building a stronger community and believe it all starts with the family. Thanks for reading, and remember that we're all stronger together!

SIDNEY - PROJECT WORKER



WHAT'S BEEN GOING ON?

NEW SHIRT

For QLD Mental Health Week we released a new shirt design!!! This is one of our funkiest designs to date and we hope you love it as much as we do. The shirt has 'Good Things Are Coming' on the front left and positive affirmations/quotes from our Team on the back in fun graphics! - See page 8

100% of proceeds fund primary prevention projects to break the cycle of violence and de-stigmatise mental health issues by The Centre for Women & Co.

To buy yours, [click here!](#)

NATIONAL CHILD PROTECTION WEEK

For NCPW 2022 we released the National Child Protection Week co-regulation fridge magnet!



You can purchase on via our online shop for \$7!

To buy yours, [click here!](#)



COMING UP! - MAKERS MARKET

We are so excited to share that we are holding our 2nd Makers Market on the 5th of November from 8am-12pm!

We have 21 small local businesses & artists, plus Wavy Bone Coffee coming along to support our second Makers Market.

It's the perfect time to come down support small, local businesses and ticking gifts off of your Christmas list.

Check out our amazing stall holders for 2022!:

- @geo_illo
- @alleywaycrystals
- @amberbooler.art
- @ellesbalconygarden
- @ettbody
- @from.thevontageisland
- @aprils crunchies
- @jungleofbohemia
- @lazybones_brit
- @totesweird
- @wemakenicethings
- @hannahrosebrown_artists
- @katiebourchier
- @pokesbyrisara
- @casa.de.crystals
- @untamedgyppy_apothecary
- @wavybones.co
- @slowintentions
- Her Platform
- Gaga's Pottery
- Ingram Farm Honey

We hope to see you there!

See page 11 for more information!



QLD MENTAL HEALTH WEEK SHIRT

100% of proceeds fund primary prevention projects to break the cycle of violence and de-stigmatise mental health issues by The Centre for Women & Co.



\$40

[Click here to purchase our new shirt!](#)

29 CITY ROAD, BEENLEIGH
9.30-1.00PM
\$10 PER WEEK

JOIN US FOR OUR
SIGNATURE WORKSHOP SERIES

FLOURISH

NOURISH - OCTOBER 14TH
CULTIVATE - OCTOBER 19TH
DIGGING DEEP - OCTOBER 28TH
DIGGING DEEPER - NOVEMBER 2ND
BLOOM - NOVEMBER 11TH

THE
CENTRE
FOR WOMEN
& CO.

TALK TO ONE OF OUR TEAM MEMEBRS
TO REGISTER YOUR PLACE.

#STRONGERTOGETHER

WHAT'S COMING UP?

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

OCTOBER

Friday 14th: Flourish Series (5 weeks)
9:30am - 1pm | \$10 per week
29 City Road, Beenleigh

NOVEMBER

Thursday 3rd: Spark Employment
10am - 11am | No cost
29 City Road, Beenleigh

Friday 4th: DIY X-mas Table Decor
10am - 12pm | \$10 per person
29 City Road, Beenleigh

Saturday 5th: Makers Market
8am - 12pm | No cost
Unit 12, 126/130 Compton Road,
Underwood

Thursday 24th: Mini Pot Plant Workshop
9am - 11am | No cost
Unit 12, 126/130 Compton Road,
Underwood





NATIONAL CHILD PROTECTION WEEK

#NAIDOC2022 #GETUPSTANDUPSHOWUP

The Marketing, Communication & Engagement (MCE) and Beenleigh Teams collaborated on ideas about how CFW can assist children to feel safe and supported by their families at home.

Alas! The National Child Protection Week co-regulation fridge magnet was born!

CFW deemed this a practical and fun resource that is accessible for all families for children to feel safe and supported by their families. The co-regulation tool is a warm and responsive approach for adults to model supportive behaviours towards their children to assist children in managing their emotions and feelings. The fridge magnet shows a story of a child having big turbulent feelings; an adult recognises these big feelings and then makes the connection with the child, such as a breathing activity together, which makes the child feel calm and grounded! Self-regulation and co-regulation activities are tools that CFW Child and Youth DFV Counsellors use to help support children in counselling with their big and small feelings. Some examples of this include breathing balls, Snakey the Snake weighted toy, Percy the Platypus weighted toy and Pop-Its! The CFW NCPW Team will be waiting in anticipation for next year's theme; until then, enjoy the family regulation fridge magnets, and we will all, as a Team, keep doing what we do to support women and children safe together!

Lisa - Children's Counsellor



DIY CHRISTMAS TABLE DECOR

CREATIVE MORNING TEA

Join Ella & Tamara from The Centre for Women & Co. our Christmas Special Morning Tea! Create beautiful Christmas Table Decorations and celebrate the end of the year! All materials & food/drinks will be supplied on the morning.

FREE TO ATTEND
FRIDAY, 4TH NOVEMBER
10PM - 12PM
29 CITY ROAD, BEENLEIGH

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

THE
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GRACE

BEENLEIGH
RECEPTIONIST &
INTAKE 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?

Hi! I'm Grace! Big Brit living it large in Australia. I have been here since 2018, when I came for a "holiday" to visit my Sister. I started with CFW in mid-2021 and currently work in the Beenleigh office as the Reception & Intake worker. I love walking my dog to see his best friend Barry, chilling with my hubby, riding our motorbikes, eating anything with carbs or chocolate and watching TV series, which need to be 5+ seasons, or I will be sad when it ends too quickly.

WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

Mainly my dog and his quality of life. But also my own, attempting to find balance and getting into a good weekly routine that works for me.



WHY DO YOU DO WHAT YOU DO?

After a number of jobs (hairdressing, real estate, traffic control etc. etc. etc.), I have crossed off industries and jobs that I will never do again. Since moving to Australia and living a leisurely life, I have had a lot of time to consider what I want to do and where my passions lie.

I absolutely love working with people and feel grateful to support individuals on their healing journey. I think there are some disadvantaged people out there who may not have received much support throughout their lives. I feel very passionate about the work we do and continue to advocate and offer support where needed.

A plus for me would be starting my journey in the community sector by working within a team of amazing, strong, feminist women who share similar values. I'm still learning so much and enjoying the work I do daily.

WHAT IS SOMETHING THAT BRINGS YOU JOY?

Honestly, I'm easily pleased and entertained so pretty much anything with the right people. My Mum is visiting from England soon, so that is top of the list for now.

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

To be present because time flies!





ELLA-JAYNE

COMMUNITY
ENGAGEMENT
OFFICER

6 INGREDIENT EGG FRIED RICE

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

- day old or fresh jasmine rice
- 2-4 eggs
- 1/2 cup green onions
- 1/2 cup - soy sauce
- 1 tbsp - sesame oil
- olive oil
- (you can add other ingredients to further elevate your dish - bacon, cashew nuts, peas, corn etc)

DIRECTIONS

1. Place a frying pan over medium-high heat and add half of your olive oil.
2. Throw in your beaten eggs and swirl until they form a solid/shape.
3. While your eggs are still moist, add you day-old cooked jasmine rice and mix well. (You can use freshly cooked rice)
4. Sweep everything to the side, add the remaining olive oil and then your green onions. Mix together.
5. Pour 1/2 a cup of soy sauce & 1 tbsp of sesame oil over the rice and mix together until the rice is coloured brown.
6. Remove the pan off the heat and enjoy your fried rice!





END OF YEAR BLACK HOLE

NIC

MARKETING,
COMMUNICATION
& ENGAGEMENT
COORDINATOR

It's that time of year again; time to pack your bags and dive into the end-of-year black hole. You know the one. It's that big, black hole looming above our heads from about October onwards. Everything you want to do gets sucked into the black hole.

You want to see friends? How about in the new year?
You need a holiday? Just stick it out til Christmas!
You need to book a dentist appointment? You're so busy; your teeth can wait til January!
You have a new project coming up at work? Let's pencil that in for the new year.

At a glance, it makes sense to push things to the new year. You're feeling tired, worn-down, and you just need to get across that end-of-year finish line. Out of sight, out of mind, right?

The thing is, the black hole waits for no one. Picture this: it's early January, you're feeling full of yummy holiday food, you've gotten through all the family events, and you are ready to take some time to recharge. It's time to take some deep breaths and have some well-deserved rest. BAM! The black hole is back. All of the things it was holding onto from last year suddenly fall from the sky.

Those new year plans with friends? They suddenly feel like an exhausting task.
That niggling tooth pain back again? Yep, sometime soon, you will have to fit that dentist appointment in.
The enticing calls of a holiday or staycation? Sorry, you are pushed for time.
That big work project? Suddenly it's on the horizon.





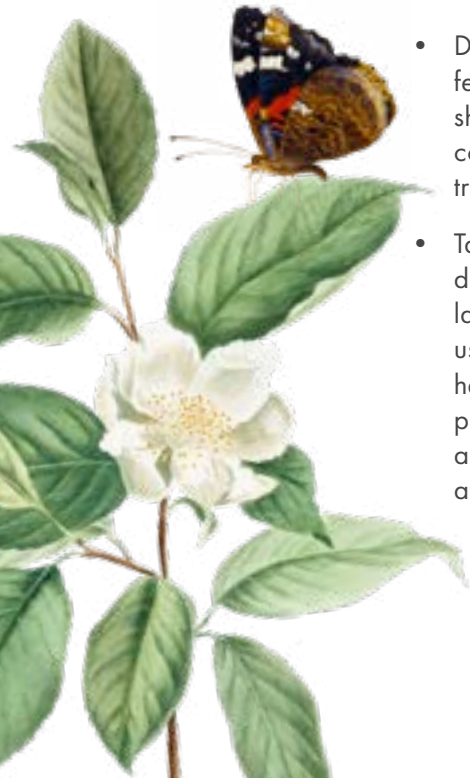
NIC

MARKETING,
COMMUNICATION
& ENGAGEMENT
COORDINATOR

Now, I don't want to overwhelm you or add any more stress to the end of the year. The point of this black hole metaphor is that I just want you to know you are not alone. You are not alone in feeling overwhelmed, overworked or stretched too thin.

So, what can you do now to avoid the chaos of the end-of-year black hole?

- Be realistic and upfront about your capacity at work and in your social life. If you have too much on your plate, let people know. If you present cool, calm and collected on the outside, people may not know that you cannot take anything more on at the moment.
- If you are feeling overwhelmed or above your limits, talk with someone. This might be a family member, friend, colleague, manager or mental health professional. Try not to let it build up to a boiling point.
- Don't do it alone. If you are hosting holiday festivities, don't do it alone. Your loved ones should be helping out equally with preparation, cooking, cleaning and expenses. If they aren't, try and talk to them about pulling their weight.
- Take time off or time out where you can. This doesn't mean taking time off from work at the last minute (if it's not possible). It might mean just using your free time in a meaningful way that helps you rest and recharge a little. For some people, that might be socialising with friends, and for others, it might mean spending a quiet afternoon reading a good book.





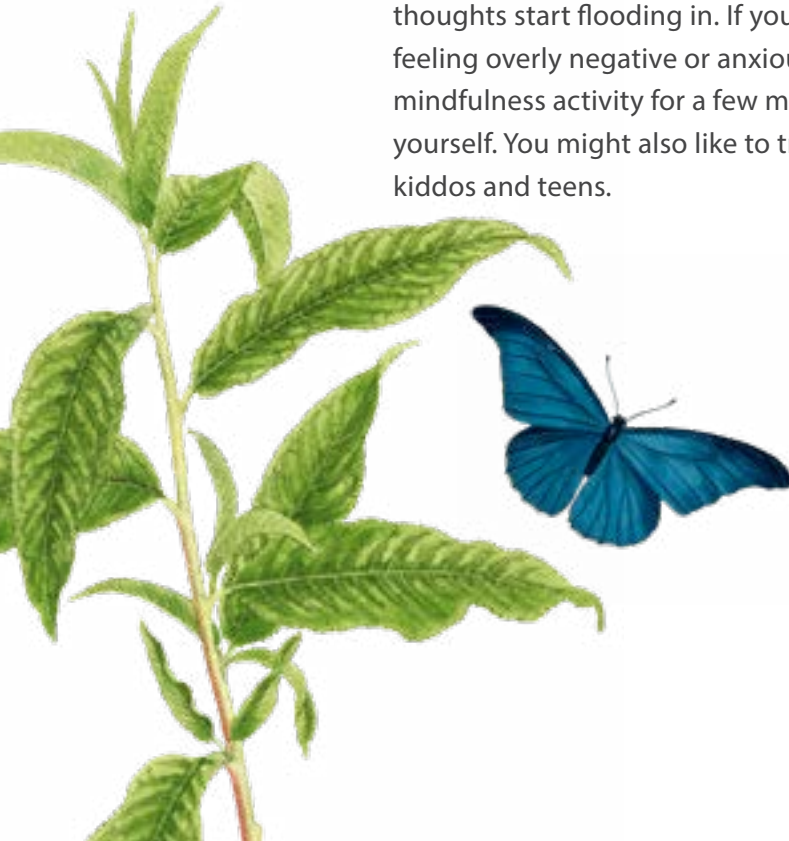
ELLA-JAYNE

COMMUNITY
ENGAGEMENT
OFFICER

SELF-CARE SPOTLIGHT - LEAVES ON A STREAM ACTIVITY

1. Close your eyes
2. Whenever you notice a thought, emotion or sensation, picture placing it on a leaf and letting it float down a stream.
3. Do this for a few minutes
4. How do you feel?

Try and do this whenever you feel negative thoughts start flooding in. If you are ever feeling overly negative or anxious, practice this mindfulness activity for a few minutes to ground yourself. You might also like to try this with your kiddos and teens.





MINI POT PLANT PAINTING

CHRISTMAS CREATIVE WORKSHOP

Join Elle from Elle's Balcony Garden for her 2 hour Christmas Mini Pot Painting Workshop. You will have the chance to design and create your own custom mini pot plants. Let your creativity run wild!

FREE

THURSDAY, 24TH NOVEMBER

9AM - 11AM

UNIT 12, 126-130 COMPTON ROAD,
UNDERWOOD

REGISTER VIA OUR WEBSITE OR EMAIL
HELLO@CENTREFORWOMEN.ORG.AU

THE
CENTRE
FOR WOMEN
& CO.

#STRONGERTOGETHER



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 resoucrs we have available in our communities!

LYDIA

TEAM LEADER & DFV
SPECIALIST A&R

Thankyou to Lydia for the Book recommendations!

Know My Name - Chanel Miller

TW: Sexual assault. Not something to read if your trauma cup is full.



To many, the name Brock Turner elicits emotions of injustice, white male privilege, and a promising future 'ruined by 20 minutes of action. He was sentenced to only six months in jail and three years of probation after being convicted of three sexual assault felonies in 2016; he ultimately served only three months in prison.

This is Chanel Miller, the woman he assaulted. She chose to step out of anonymity (previously only known as 'Emily Doe') to tell her powerful story and, along the way, expose a patriarchal culture biased toward protecting perpetrators and the unfortunate failings of the criminal justice system.



As an Asian-American woman, Chanel reflects on growing up and feeling “used to being unseen, to never being fully known. It did not feel possible that I could be the protagonist”. This memoir allows her to take control of the narrative on her own terms and ultimately reclaim her identity and power.

PS. I have sneakily supplied a photo of 2 books from Asian-Australian female authors whom I admire and recommend.



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

**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.

