



Laurel Times



Women's Group commencing soon in Maroochydore service!

Laurel Place Maroochydore is pleased to announce we will be holding a Women's Group for women survivors of sexual violence.

The Women's Group will meet once a week for 10 weeks and is anticipated to include approximately 8-15 women with 3 facilitators.

Group work will encompass the principles of empowerment, strengths and connectedness. A range of topics will be discussed, including:

- Impacts of Trauma,
- Relationships,
- Boundaries,
- Self Esteem,
- Self-Care,
- Moving Forward and
- other topics as identified by the group.

When: Every Wednesday;
Commencing, 27 April 2016;
9:30am-12:00pm

Where: Laurel Place
31 Dalton Drive
Maroochydore

Morning tea will be provided.

You are invited to contact Di or Liz at Laurel Place on 5443 4711, before 22 April 2016, to arrange an individual pre-group information session. We look forward to welcoming you all.

**"Here's to strong women.
May we know them. May we be them.
May we raise them." – Unknown.**



ALL OFFICES NOW KNOWN AS LAUREL PLACE!

Welcome to all our readers of Laurel Times – the official newsletter of Laurel Place Inc. Yes our change of name is now official and we are also very excited to announce that Laurel Place Inc will be opening new offices in the Moreton Bay region in June. We will keep you posted about our office location and contact details.

In the meantime our website is in the process of being revamped to reflect our new services and name and as always we welcome your feedback.

We hope you enjoy reading about some of the happenings here at Laurel Place and in the wider community!



A sense of dignity when it's needed the most...

Laurel Place, Sunshine Coast, is pleased to announce that we are a collection point for the Share the Dignity campaign collecting feminine hygiene products throughout April.

Share the Dignity is a not-for-profit registered charity providing homeless and at risk women with sanitary products to allow them a sense of dignity when they need it the most.

It is SO EASY to make a BIG DIFFERENCE. Buy an extra packet of pads or tampons at the supermarket and drop it in to the donation bin at Laurel Place. You can also buy a pack online to be donated. To find out more go to www.sharethedignity.com.au



**NEW
PROGRAM**

Educate and empower!

Group program aims to provide protective behaviour information and skills to children

Laurel Place is pleased to announce a newly developed program - **'Protective Behaviours for Young Children'**

Protective Behaviours for Young Children aims to provide an interactive environment for children where they can engage in education-based directed-play through activities and games.

Designed to help children understand body safety, it aims to provide children with the confidence to act in situations where they feel unsafe and to negotiate the world in a safe manner.

This is a group program that provides encouragement, support and education with the following additional objectives:

- Provide Emotional stability
- Build social skills
- Build a sense of belonging
- Increase self-esteem
- Make connections between actions and feelings
- Increase self-assertion
- Increase awareness of children's rights
- Increased confidence, knowledge and ability to keep themselves safe.

The program is already running in Murgon and will roll out in the Gympie office in the coming weeks.

We welcome your inquiries and referrals for children who have experienced or are at risk of sexual abuse.



National Batiba Guwiyal Conference

Tackling the impacts and finding solutions to Child Sexual Assault in Indigenous Communities.



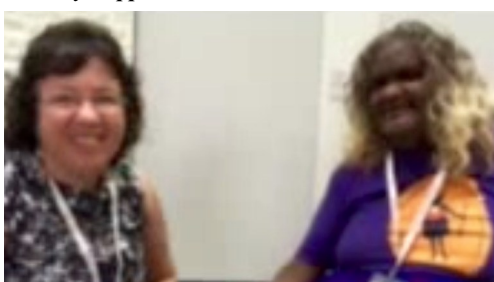
Batiba Guwiyal



Biddy and Tania chat with conference host Carol Vale



Biddy catches up with United Synergies' Family Support Worker - Melba Townsend



Tania meets Auntie Lorraine to discuss Auntie's art presentation

LAUREL PLACE PRESENTS WORKSHOP AT NATIONAL CONFERENCE

Laurel Place were pleased to accept an invitation from Murawin to attend and present a workshop at the Inaugural National Batiba Guwiyal Conference in Brisbane on March 1 and 2. Bringing together Aboriginal & Torres Strait Islander elders and community members, service providers, researchers, academics, advocates and policy makers to showcase innovative approaches, emerging research and policy developments, it was an important national conversation to consider the impacts and solutions to Child Sexual Assault in Indigenous Communities.

Tania and Biddy attended and were privileged to hear from keynote speakers such as Professors Marcia Langton and Judy Atkinson, Noel Pearson and many more. Both agree that a presentation by South Australian elders Lillian Wilton and Tjukuma Wells where they told the story of their community's struggle to deal with the impacts of abuse through their intricate and insightful traditional artwork, was one of the highlights of the conference.

The workshop Biddy and Tania presented: *"Sharing the healing journey - working as a mainstream service to support Aboriginal and Torres Strait Islander survivors of sexual abuse"* was well attended, and sought to identify the processes that the service employs to ensure that we acknowledge, respect and incorporate the cultural needs of the Aboriginal and Torres Strait islander people who access our service.



Marcia Langton (centre) stands united against sexual abuse in Aboriginal and Torres Strait Islander communities with some of the conference participants following her presentation

The Yarnin' Circle



The Yarnin' Circle
Welcome

to the Laurel Times:
'Yarnin' Circle'. This is a regular feature of the news letter in which I try to bring informative, inspiring and even amusing items of interest to the Aboriginal and Torres Strait Islander communities with whom I am privileged to work

Biddy

Biddy Adams.

**Liaison & Support Worker -
Indigenous Program**

Laurel Place Inc acknowledges the Gubbi Gubbi people as the traditional custodians of the land on which our office are located in Maroochydore and Gympie, and the Wakka Wakka people as the traditional custodians of the land on which Laurel Place is located in Murgon.

Hats off to United Synergies for staging yet another successful Booin Gari Festival on April 5. I have been attending this event since 2008 and have seen it get bigger and better every year.

It was a great day at Chaplin Park beside the beautiful Noosa River and a good opportunity to share information about our services with the Aboriginal and Torres Strait Islander communities of the Sunshine Coast. I always enjoy yarning with people who visit my service display, as well as taking the time to visit other stallholders to say hello and collect giveaways to share with our clients.

Our "deadly" affirmation bookmarks and badges were a hit again this year, and I couldn't resist the photo

opportunity when Indigenous Nutrition Worker, Rhonda Wauchope proudly showed off her gorgeous grandson Levi, wearing our **"Shout it loud - strong and proud"** badge.



On Tuesday March 8th, communities around the world celebrated International Women's Day.



INTERNATIONAL WOMEN'S DAY 2016

PledgeforParity

Each of us can be a leader within our own spheres of influence and commit to taking action to accelerate gender parity.



This year Laurel Place in Maroochydore hosted a wonderful morning tea for the female clients attending our service. We were fortunate to have two amazing women attend as guest speakers who provided interesting discussions about holistic healthcare and who guided us through some relaxation breathing techniques. Laurel Place would like to thank Shay from Coastal Wellbeing and Louisa Carissa for supporting the clients at Laurel Place and for contributing to a very



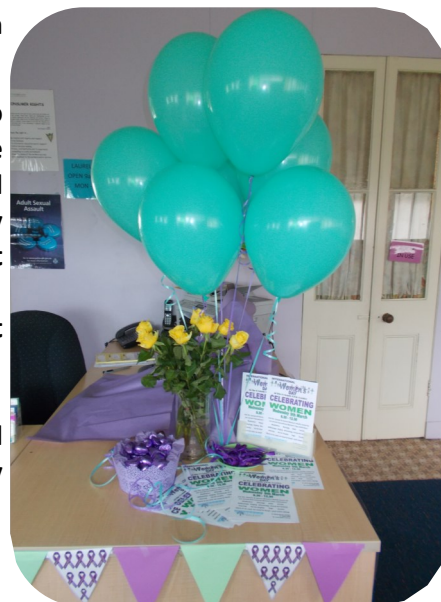
informative and enjoyable morning.

We would also like to thank Crust Bakery, Cotton Tree and tea cake place from Buderim for their very kind donations of delicious cakes, these were very much appreciated and enjoyed by all. Also House of Flowers, Cotton Tree for beautiful gerberas to give out on the day.

The Gympie office shared in the International Women's Day celebrations, with the reception area decorated in the Women's Day theme colours and a display stand offering information and handouts.

Every woman attending Laurel Place all through the week received a complimentary single rose beautifully wrapped in purple tissue, in keeping with the colours representing IWD. Thanks to the generosity of Sue at Melt Me in Gympie, they also received a heart-shaped fine chocolate wrapped, of course, in purple foil.

Visitors to the service also enjoyed the yummy treats that staff provided at daily morning teas held each day throughout the week.



I thought this a timely opportunity to reflect of our organisations mission: to educate our communities on the prevention and awareness of sexual assault issues, providing interventions to people affected by sexual violence and developing collaborative relationships with individuals, organisations and communities. So it is pleasing to see in the newsletter that a new program has been developed to provide protective behaviours to young people and also that a women's group will be commencing soon at Maroochydore. It is through program such as these, along with counselling services

A
Message

from

the

Board

and providing information and resources across a range of topics relating to sexual assault, that we strive to make a positive impact within the communities we serve.

Whilst we have been delivering service in the Sunshine Coast, Gympie and Murgon areas, funding has just been provided by the Department of Communities - Child Safety and Disability Services, to open a service in Caboolture to service the greater Moreton area. The opening of this service will present challenges and will be an extremely busy period for us but I am confident we have the staff and experience to offer a really superb service to a community where it is much needed .

LAUREL PLACE CURRENTLY HOSTING 3 STUDENTS

Liz is a fourth year social work student, who is undertaking her final placement at Laurel Place Maroochydore.

Her background is within the Criminal Justice System, and she says that the placement at Laurel Place has enabled her to view issues through alternate lenses and helped her to realise the importance of self-care.

Liz says, to date, her time at Laurel Place has involved lots of learning as well as lots of fun!

Andrew is a clinical psychology student completing his first placement in the Adolescent Program at Laurel Place, Maroochydore.

Andrew is enjoying the complex and challenging nature of working with young people who present with harmful sexual behaviours.

While he has a background in disabilities and general mental health, Andrew says his placement has narrowed his ambitions for the future (e.g., forensic PhD).

Jane is in the last year of her 3 year Bachelor of Counselling and has been in her placement at the Gympie office for 3 months.

Jane says her involvement in the Wild Divine program has been the highlight of her time at Laurel Place so far, and the clients she has worked with seemingly feel the same as they have provided positive feedback to their regular counsellors .

Jane's placement continues until August this year.



Services Against Sexual Violence



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