

# Laurel Times

**Welcome to our latest edition of Laurel Times.**

Hello to all of our members past and present, service users, and all those who take an interest in the “goings on” at Laurel Place! This edition of Laurel Times seems overflowing with projects, groups and trainings that are being offered throughout the vast regions and communities (Murgon to Moreton Bay) that we now work within. As always, we welcome your feedback and invite you to let us know what you would like to see or hear about in our upcoming editions of Laurel Times!



PUSSYHATPROJECT



**WEAR! SHARE! DECLARE!**

On March 8th, International Women's Day, Laurel Place launched the Pussyhat Project. We'd like you to join us so we can work together to do our bit locally for the global Pussyhat Project campaign. Yes, you heard right - Pussyhat!

This exciting new project will culminate in a public awareness campaign in October when we observe Sexual Violence Awareness Month (SVAM) 2017. We're inviting you to get involved - you can make your own pussyhat and join our campaign in October, you can make some pussyhats and donate for others to wear, you can donate materials or you can make a small cash donation so that we can buy materials. With your support, we can create a powerful, highly visible display as we stand, sit, walk, ride or march - individually or as one, against sexual violence. We'll bring you updates in our future newsletters and you can visit our website [www.laurelplace.com.au](http://www.laurelplace.com.au) for further information about how this exciting campaign began and how you can be apart of it.



# Gympie office



*Hi from Gympie,*

As the 2017 year rolls out, our individual counselling programs remain dynamic and in demand but 'Groups' seems the year's watchword that is attracting some very keen interest. March will see the launch of another offering of our 'Creating Safer Families', a group designed for parents and carers of children who have experienced sexual violence---its membership readily reached full capacity. As well, due to burgeoning interest, Laurel Place Gympie is preparing for the start of not one, but two DBT (Dialectical Behaviour Therapy) groups---one for our more life-experienced Service Users and one for our young adults. Whilst our children's 'Protective Behaviours' group is currently at rest, it remains ever at the ready! With each step into 2017, our admiration and respect for our Service Users of every age deepens with their courage and wisdom... an inspiration!

Until next time.....

*The Staff of Laurel Place Gympie*

"If you see someone without a smile, give them one of yours."

Dolly Parton

LESSONS LEARNED



## GREETINGS FROM LAUREL PLACE MURGON

And a huge Thank You! to all our young Service Users, their families and the South Burnett Communities for their dedication and commitment and all the smiles you bring with you and share with us.

Change and collaboration has very much defined Laurel Place Murgon's opening months of 2017. Whilst we farewelled Counsellor Yvonne, and Counsellor Bec continues on extended leave, we welcomed two new counsellors, Kate and Lisa, to our lively counselling service.

Mindful and appreciative of the vast knowledge and understanding that exists in the South Burnett area, we have been privileged to continue to work in collaboration with the members of the community: Individuals of all ages, families, community organisations and partner agencies.

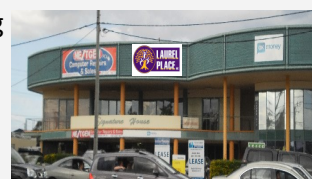
We would like to take this opportunity to extend our sincere gratitude for all the support and contributions you give to Laurel Place Murgon and look forward to our continuing collaboration.

*The Staff of Laurel Place Murgon*

## G'Day from Moreton Bay

In order to ensure the service is accessible to as many people in the Moreton region as possible, we will now be offering outreach appointments in both the Redcliffe and Pine Rivers area for half a day each. A counsellor will be available at Redcliffe on a Wednesday morning and Pine Rivers on a Thursday morning commencing 15<sup>th</sup> March.

Laurel Place Moreton Bay can be contacted on **5499 2096**



Here at Laurel Place we utilise many different resources to speak with families and children about protective behaviours and child sexual abuse. It can be overwhelming and difficult to speak with your children about sexual abuse and protective behaviours, however **Everyone's Got A Bottom** (by Tess Rowley) helps us do just that. It is a lovely picture book that gently introduces protective behaviours, privacy and body ownership to children and families. It is also a useful tool for parents and carers and contains a helpful reference guide that assists parents and caregivers to further educate their children. Take a moment to check this book out the next time you are at one of our sites or even the local library.

**Everyone's Got a Bottom** can be purchased from our Maroochydore office for \$17.90

## Everyone's got a bottom

Written by Tess Rowley  
Illustrated by Josh Edwards



Family Planning Queensland **fpg**

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



**Biddy Adams.**  
Indigenous Community  
Liaison & Support Worker

As I prepare to travel to Ballina to attend the 2nd National Aboriginal Wellbeing Conference on March 29 – 30th, I reflect on the importance of listening and learning from Aboriginal and Torres Strait Islander people who generously share their knowledge and their experiences with mainstream services like Laurel Place.

This year's conference theme will be "Healing & Beyond" and will focus on the issues related to trauma and healing and showcase the innovative programs being delivered nationally

and within our communities to promote healing for Aboriginal Peoples.

With presentations and workshops on trauma assessment, generational trauma and healing from trauma, I'm looking forward to gathering information that I can bring back to Laurel Place to better inform the therapeutic services that we provide to Aboriginal clients.



## Indonesian Visitors



In collaboration with the University of the Sunshine Coast, Laurel Place was pleased to host a morning tea and agency visit for delegates from the Indonesian Ministry for Women's Empowerment and Child Protection. Staff and visitors alike agreed that it was a valuable opportunity to learn about the work being done in each country to protect women and children. It was interesting to understand some of the unique challenges, but to also recognise the common issues and shared vision.

**Pictured:** Indonesian students and staff from Laurel Place Maroochydore.



On Wednesday March 8<sup>th</sup>, communities around the world celebrated International Women's Day (IWD). IWD represents an opportunity to celebrate the achievements of women while calling for greater equality. The

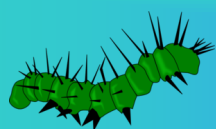
global theme for 2017 was *Be Bold for Change* encouraging all of us to play a part in helping drive better outcomes for women and towards creating a more gender inclusive world.

Due to the generosity of 'House of Flowers' at Cotton Tree we were once again able to acknowledge IWD with our clients by providing them with a beautiful flower in recognition of their commitment to bringing positive change into their own lives.



The future belongs to those who believe in  
the beauty of their dreams

- Eleanor Roosevelt -







# MESSAGE FROM THE BOARD

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Welcome to the first newsletter for the New Year, the Board hopes everyone enjoyed the festive season and got to spend time with friends and family. With the year well underway it presents us with a new round of challenges and opportunities as we strive to meet the demand to provide counselling, support and intervention to those affected by sexual violence.

It is pleasing to see that the 'let's get savvy program' has entered its second edition and continues to target an important social issue as technology reaches further and further into the lives of children. The board is committed to supporting the ongoing delivery of this program to highlight the dangers than can come with technology.

It was recently international women's day which was held on the 8<sup>th</sup> of March, and whilst attending a function for the occasion, it gave me time to personally reflect on the amazing women who are committed to making a positive contribution to society. Worldwide I see a growing trend of women taking positive action and having a strong voice against injustice.

On behalf of the Board I would like to congratulate the women within our organisation and send our thanks for your ongoing efforts, keep making a difference!

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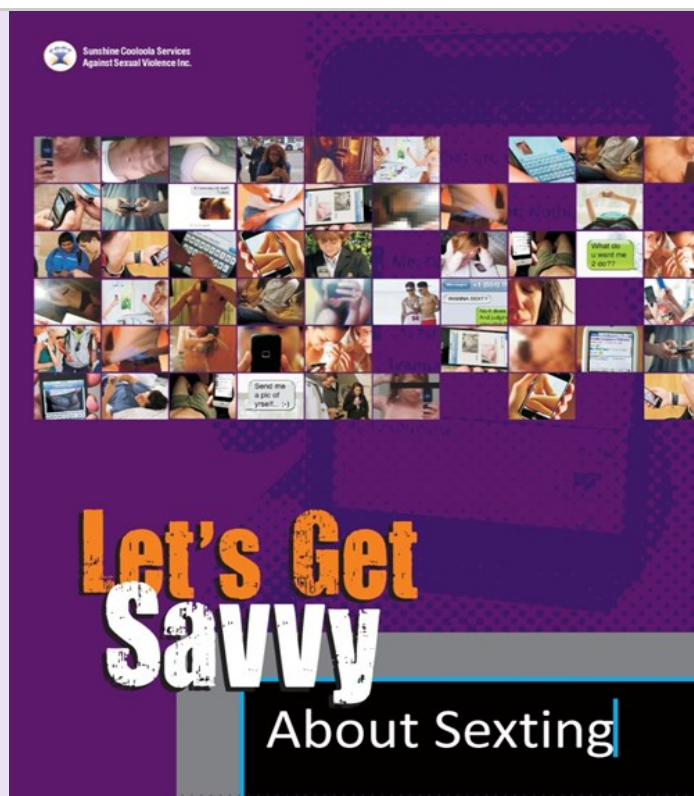
## Getting Savvy About Sexting

The second edition of the Let's Get Savvy about Sexting (LGSAS) presentation and manual has just been finalised.

This program has been well received in a number of local High Schools over the past couple of years, including Mountain Creek High School who has recently included it as part of their year 9 HPE protective behaviours curriculum.

LGSAS has been developed as a train the trainer model and delivered in conjunction with school-based youth health nurses and other relevant support staff.

Laurel Place will now engage in a process to secure additional funding for ongoing training and delivery of the program.



### LAUREL PLACE INC

Services Against Sexual Violence

@ [www.laurelplace.com.au](http://www.laurelplace.com.au)

#### Sunshine Coast

Phone: 07 5443 4711

Fax: 07 5443 3550

Email:

[admin@laurelhouse.com.au](mailto:admin@laurelhouse.com.au)

31 Dalton Drive

Maroochydore Q 4558

PO Box 384

Cotton Tree Q 4558

#### Moreton Bay

Phone: 07 5499 2096

Fax: 07 5495 1514

Email:

[adminmoreton@laurelplace.com.au](mailto:adminmoreton@laurelplace.com.au)

Shop 12/ 107 Morayfield Road

Morayfield Q 4510

PO Box 384

Cotton Tree Q 4558

#### Gympie

Phone: 07 5482 7911

Fax: 07 5482 4421

Email:

[admingympie@laurelplace.com.au](mailto:admingympie@laurelplace.com.au)

12 Horseshoe Bend

Gympie Q 4570

PO Box 384

Cotton Tree Q 4558

#### Murgon

Phone: 07 4168 2079

Fax: 5482 4421

Email:

[admingympie@laurelplace.com.au](mailto:admingympie@laurelplace.com.au)

76A Lamb Street

Murgon Q 4605

PO Box 384

Cotton Tree Q 4558

Visit our  
website for  
information on  
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