

## February - Gratitude & Positivity

### Have you got your Gratitude Journal?

This month we bring focus to gratitude and positivity. This involves recognising positive aspects of your life, expressing gratitude for them and embracing a hopeful outlook even in the face of challenges. Studies have demonstrated that consistent practices in gratitude can help emphasise happiness, improve relationships and build a more resilient attitude.

We challenge you to partake in gratitude journaling this month, by writing down one thing each day that you are grateful for, and taking a moment to reflect on how it benefits your life here in the Pioneer Valley.

### **FREE COMMUNITY EVENT**

Conscious Body, Conscious Mind Somatic Practices

**16th of Feb** With **Jess Clark**

**1pm - 2pm at the Valley Assist Wellness Space**

Join us for an immersive exploration of somatic practice techniques that will elevate your well-being and foster deeper mind-body connection.

**Limited spots available, confirm your spot by:**

Email: [ValleyAssist@MackayAdvocacy.com.au](mailto:ValleyAssist@MackayAdvocacy.com.au)

Text: 0456 922 492

### **Valley Assist Wellness Space**

#### **Contact Details**

13 Anzac Parade, Finch Hatton

Open Hours: Monday - Friday 9am - 2pm

Email: [ValleyAssist@MackayAdvocacy.com.au](mailto:ValleyAssist@MackayAdvocacy.com.au)

Phone: Luke - 0456 922 492 / Stacy - 0448 212 761

### Craft Wednesdays in February!

10am—1pm Every Wednesday @  
The Valley Assist Wellness Space

#### Natural Resources

There will be a collection of sticks, rocks, leaves and other natural fibres supplied, as well as paints, glues and craft supplies. The rest is up to your creativity!

What you make is up to you!

- Wind Chime
- Dream Catcher
- Home Décor

Tea & Coffee supplied! Come and spend time building connections with other local community members.

### **KEY DATES & LOCAL EVENTS**

22nd Feb - Mackay Employment Open  
Day 10am - 12pm

@ 46 Gordan Street, Mackay

23rd Feb - Kokedama Workshop 11am -  
12pm @ Mirani Library

**(Bookings required- [Mackay.qld.gov.au](http://Mackay.qld.gov.au)  
whatson or call (07) 4961 9387**

# Community Notice Board!

Here's what you need to know!

## ECDA



### Eungella Community Development Association

- Australia Day Celebrations postponed from Jan 26th to the 2nd of March.
- Friday Night Dining (BYO) - 6pm 2nd Feb @ Eungella Hall
- Eungella Markets from 9am on the 11th of Feb @ Eungella Hall
- ECDA Monthly Meeting at 6pm 15th of Feb @Eungella Hall

## FHPA

### Finch Hatton Progress Association

- Valentines Flea Market @ Finch Hatton 10th Feb - 8am - 12pm
- FHPA Monthly Meeting at 6pm the 12th of Feb
- Grass Roots Social Saturday @ Finch Hatton Railway Station - 24th of Feb 4pm - 6pm

## EARTH SIDE YOGA



### Class Timetable

Monday @ Finch Hatton Central - 9am (\$15)

Tuesday @ Finch Hatton Central - 9am (\$15)

Wednesday @ Finch Hatton Central - 9am (\$15)

Thursday @ Finch Hatton Central - 9am (\$15)

Saturday @ Finch Hatton Central - 8:30am (\$5)

Saturday @ Eungella Town Hall - 10:30am (\$15)

Please reserve your place via text: 0431 220 790

or Email: [Earthsideyoga@gmail.com](mailto:Earthsideyoga@gmail.com)

For a detailed timetable visit

[www.earthsideyoga.com.au](http://www.earthsideyoga.com.au)

## What's on!?

### Sonja Ott - Women's Circle

February topic: Moon Cycles - 10am—12pm  
3rd of Feb @ Finch Hatton Railway Station -  
By Donation

Are you a part of a local community group?

Or do you have a small business based here  
in the Pioneer Valley?

You could use this space to communicate  
your services to the community!

Get in touch to be included in next months!