



Creative Expression

Let's get Artsy this April! This month we're focusing on creative expression. We want to highlight the value of engaging in creative activities as a means of self-expression and exploration.

Art has no limit and creative expression provides an effective outlet for emotions, promotes mindfulness and fosters a sense of accomplishment and connection.

What's a creative outlet you want to spend more time on this month. **Write it below to serve as a reminder all month!**

Need Independent Advocacy or Assistance Accessing Services?

Get in touch!

In person: 13 Anzac Parade, Finch Hatton
9am - 2pm Monday - Friday

Phone:

Luke - 0456 922 492

Email:

ValleyAssist@MackayAdvocacy.com.au

CRAFT WEDNESDAY'S

at the Finch Hatton Wellness Space

Contribute to a collective community art project this month. Paint/colour/ decorate a hand with what you love about living in the Valley

Hands of the Valley



What's On in April?

6th April - Finch Hatton Women's Circle w
Sonja Ott - By donation

7th / 8th April - John Walker natural dye &
wool workshop - Contact Eungella Craft Group

13th April - Dealing with Difficult Emotions
Workshop by Prabha - Wellness in the Valley

21st April - MBT Pump Track Opening & Finch
Hatton Market - Finch Hatton Railway Station

Free. Confidential. Face to face

Counselling is now available through GRYPHON PSYCHOLOGY

Please contact Gryphon directly on 1800 056 076 and let them know you'd like to access the free support being provided to the Pioneer Valley Community.



Community Notice Board

ECDA - Eungella Community Development Association

ECDA held their AGM on the 21st of March – A committee was elected successfully.

ECDA Dining on the 5th of April from 6PM—No bookings required, menu available online
(community chat)

ECDA wishes local families and community members a very happy & safe Easter weekend!



Finch Hatton

The Mountain Bike Pump Track open day will be the 21st of April! Community members are welcome to come and join the celebrations. There will be a Finch Hatton Market on at the old Railway Station, Rides for Kids and an official ribbon cutting ceremony!

Finch Hatton Progress Association

The Finch Hatton Progress Association are looking for local volunteers to supervise the railway station shop on Saturday's & Sunday's

If you are able to assist please reach out to Harmony on 0427 961 632

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
For a detailed timetable visit www.earthsideyoga.com.au