

Emotional Wellness

This month we're bringing focus to Emotional Wellness and spending time prioritising, nurturing and making time for your emotional health.

This involves developing self awareness, practicing self care and seeking support when needed.

Well-being encompasses managing stress, building resilience and maintaining a positive outlook, and that can be a lot easier to read than it is to do.

The first step is to empty your mind of the hustle and bustle. Try the below Mindful Meditation activity.

Find a quiet space, focus your attention of your breathing, or your finger tips. When you notice your mind start to wander, bring your focus back to your breath or finger tips. Breathe deeply for 10 minutes, doing your best to be completely present with your breath.

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

Community Event!

Friday 24th of May 11am - 2pm

At the Gift Shed Café

Join us for light & healthy refreshments and a taste of a alternative health and wellness techniques and practices.

What's On in MAY?

3rd May - ECDA Sequence Challenge fundraiser - \$5 to play

6th May - Labour Day Public Holiday!

12th May - Eungella Mothers Day Markets 9am - 12pm

13th May - Finch Hatton Progress Association Monthly Meeting 5.30pm Start

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 wish to invite all community members to the Community Fundraiser on Friday the 3rd of May.

The Sequence Challenge!

Teams of 2 battle it out in a game of strategy (and luck) to line up 5 tokens as a team. \$5 per team
Never played!? No problem! Don't want to play!? That's okay too! Just come for the food and drink!

Meals and drinks available from 6pm

Finch Hatton Progress Association

The FHPA's Monthly meeting in May will be on

Monday 13th at 5.30pm

FHPA are still on the lookout for volunteers to supervise the
Railway Station on Saturday and Sunday's

Cedar Gallery

Cedar Gallery in Broken River is set to re-open from May 3rd, 2024. Featuring all locally crafted art and timber pieces, Cedar typically runs hourly art appreciation tours Friday—Sunday, May—November. Bookings are recommended, each tour is complete with a tasting plate and beverage and costs \$20 per person. Head to www.cedar.gallery for more info and bookings. Keep up to date with them on Facebook! @CedarGallery.

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