

Community Newsletter

January 2019

Graham House Community Centre: Community Transport Services:

Court House, 48 Stephens St West, Murgon Ph: 4169 8400 Fax: 4168 3491 66 Macalister St, Murgon 4605 Ph: 4169 5040 Fax: 4168 2444

Graham House Community Centre New Building Progress









We're on Facebook!

Get all the latest Graham House news on our Facebook Page! www.facebook.com/grahamhousecommunitycentre

Graham House Community Events



Graham House Services

Be Connected for Seniors

Be Connected has a number of dedicated students who with the assistance of our tutors are mastering the challenges of technology. Sessions are every Monday 12pm-3pm and Tuesday 9am-12pm. Contact our office for more details. Classes are being held at Graham House Transport Centre in Macalister Street whilst the new building in Taylor Street is being completed.

Graham House Community Kitchen

A Community Kitchen is a group of likeminded individuals who come together on a regular basis to socialise and cook affordable and nutritious meals. Postponed until new building is complete. Phone Iris for Enquiries

Circle of Security Parenting Program

At times all parents feel lost or without a clue about what our children might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting Program is based on decades of research about how secure parent child relationships can be supported and strengthened.

Friendly, casual and informative program

Closed sessions. Essential to register before commencement of program. Phone Dot: 0417 040 323 or Email:

dot.sempf@grahamhouse.org.au

Older, Wiser, Stronger

This program offers a 13 week men's behaviour change program, for men who wish to change their violent behaviour.

Family Support

This is a family support program aimed at supporting families in developing skills and abilities to care safely for and develop positive relationships with their children.

WALK AND TALK



Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving. Walking has physical benefits as well as an opportunity for social contact and support. All it takes is 30 minutes a day a few times a week. It's fun and has realistic goals. We walk Monday afternoon at 5pm Tuesday and Wednesday morning 7am. To join ring Iris at Graham House on 41698400 or 0447683492

Department of Human Services

⇒MyGov is the only way you can access your Centrelink online account. Assistance is available at the Graham House Community Centre Centrelink Agency. MyGov allows users to access government services online, all in one place. Services

- available include: Medicare
- **Australian Taxation Office** \Rightarrow
- Manage ABN Connections
- \Rightarrow Centrelink
- Australian JobSearch \Rightarrow
- My Health Record \Rightarrow
- My Aged Care \Rightarrow
- \Rightarrow Child Support
- Department of Veterans' Affairs \Rightarrow
- \Rightarrow National Disability Insurance Scheme





Australian Government

Graham Hours Opening Hours

Monday 9am -4_Dm Tuesday 9am -4pm Wednesday 9am -4pm Thursday 9am -4pm Friday 9am -4_Dm

Emergency Relief

During business hours

Family Support Services

Monday to Thursday

Community Transport Services

Mon – Thurs 9.00am - 3.00pm

Be Connected for Seniors

At Transport Office until further notice

Community Kitchen

Closed while new building is being constructed

Lilyponds Bookclub

2nd Tuesday each month at 5pm All enquiries phone 41698400

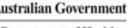
Volunteers Needed

Emergency Contacts

Lifeline - Counselling 13 11 14 Mensline 1300 789 978 Kids Helpline 1800 551 800 DVConnect Mensline 1800 600 636 DVConnect Womensline 1800 811 811

Graham House is funded by:





Department of Health

