

# Community Recovery and Resilience Events Nov - Dec 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Community Social Worker/ Outreach Drop in + PCEP Sessions</b> 9am-1pm Cooroy Library Free	<b>Accidental Counsellor Session</b> 8:30am-5pm Cooroy Library 3rd Dec	<b>Qigong by the River</b> 6:30am-7:30am Noosaville Lions Park, Gympie Terrace, Noosaville Free Every Wednesday until end of November	<b>Mental Health first aid 2-day workshop</b> 9am-4pm Noosaville Library 5th and 12th of Dec (both days must be attended)	<b>Good Neighbour</b> 4pm-6pm Lake Cootharaba Sailing Club 22nd Nov	<b>Coffee on the Mountain - (FREE Coffee - bring own mug)</b> 8am - 10am Black Mountain Saturday 9th, 16th of Nov, 7th of Dec	<b>Unwind Your Mind: Serenity Walk &amp; Meditation Boreen Point</b> 8am-9am Boreen Field Park Boreen Point \$5 10th Nov Bookings essential. <a href="#">Book Here</a>
<b>PCEP and Get Ready Workshop</b> 10am - 12pm Noosa Seniors 18th Nov	<b>PCEP and Get Ready Workshop</b> 10am-11:30am Sunshine Butterflies 3rd Dec	<b>Mum's Connection Events</b> 10am-11am Caza Noosaville Free 6th & 11th Nov & 4th Dec	<b>Recovery Workshops - "Personal Reflections" with Dr Jean Renouf (Founder of Plan C)</b> 3:30pm - 5:30pm Federal Hall 21st Nov	<b>Good Neighbour Community Christmas</b> 4pm-6pm Tewaah Rural Fire Station 6th Dec	<b>Qi Gong</b> 8:30am-9:15am Cooroy Library 9 Maple St, Cooroy Free Every fortnight	<b>Unwind Your Mind: Serenity Walk &amp; Meditation Kin Kin</b> 8am-9am Kin Kin Oval 57 Main Street Kin Kin \$5 17th Nov Bookings essential. <a href="#">Book here</a>
	<b>De-stress with Movement, Breath and Meditation</b> 10am-11am Noosa Botanic Gardens, Amphitheatre Free 5th, 12th & 19th Nov		<b>De-stress with Movement, Breath and Meditation</b> 6pm-7pm Cooroy Memorial Hall Free Every Thursday (Final class 12th Dec)		<b>The Six Pillars of Resilience Cooroy</b> 10am-11:30am Cooroy Memorial Hall Free 30th Nov Bookings essential. <a href="#">Book here</a>	
	<b>De-stress with Movement, Breath and Meditation</b> 12:30pm-1:30pm Kin Kin Hall Free 26th Nov, 3rd & 10th Dec				<b>Good Neighbour Community Christmas</b> 4pm-6pm Noosa Northshore Rural Fire Station 14th Dec	

Activities For Different Groups
Disaster Preparedness Workshops
Good Neighbour Community Events
Mum Connection events
P-CEP Workshops and Get Ready
Wellbeing in Disaster Recovery



Assistance provided through the jointly-funded Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).

Note: P-CEP (Person-Centred Emergency Preparedness)

