

WEP's Student Exchange Programs - Early Bird Special



What better way is there to learn about the everyday realities of culturally diverse and human encounters than by learning to live in another culture?

Once our exchange students return to Australia, it is not a question of whether they will cope at university or in the workplace, but instead a question of how high they are willing to set their goals.

World Education Program Australia (WEP) is a not-for-profit student exchange organisation registered with the education departments and now accepting new applications for students to travel overseas in 2010/11 as exchange students for a summer, semester or year.

Emily M. from QLD spent a semester in Italy in 2009:

"I was put with a great family and a great location – couldn't have been better. I was able to travel with them and learn Italian.

I learnt that I have to be independent and take responsibility for myself and that even if you can't speak the same language there is always a way to communicate."

Early Bird Special

WEP is offering a \$500 discount towards a semester or year program (leaving July-Sept '10) for applications received before 30 November '09 to any of the following countries:

Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Turkey, Thailand or the USA

Students must be in Years 9 – 11 to be eligible for this discount.

To receive a free information pack and find out more:

Visit www.wep.org.au,

Call 1300 884 733 for the cost of a local call

Email: tessallaway@wep.org.au

Heart Foundation
Walking



CAIRNS

A network of FREE community based walking groups

Heart Foundation Walking is a network of free community-based walking groups with volunteer Walk Organisers that lead groups in their local area. Walking groups make being physically active enjoyable and easy, especially for people who are not used to being active.

Please contact the Walk Organiser if you are interested in joining a group

Where	When	Contact the Walk Organiser
Gordonvale	Afternoons and mornings	Ellen 4056 1865
Cairns Central Shopping Centre	6.40 am Tues and Thurs	Robyn 4055 9165
Edge Hill – Centenary Lakes	8.30 am Mondays	Sonia 0407 251 067
Edge Hill	6.15 am Mon, Wed and Fridays	Tricia 40323075
Draper Street Family Medical	8.30 am Wednesdays	Kathy, Helen or Rachel 40511074
Esplanade	5.15 pm Wednesdays	Heather 4044 3203
Brinsmead	Tuesdays 5.15 pm	Rae 0437 256 282
Kewarra Beach	Tues, Thurs and Saturday 6.00 am Summer 6.30 am Winter	Patricia 4055 6873

Please note all groups will leave at the designated time, please ensure you are 5 minutes early!

For more information, please contact:
Gina Davis on 4046 8530

LYONS HOUSE Inc.
(Formerly Addiction Help Agency)

FREE

WHEN:
EVERY TUESDAY
5.30-7.00 PM

WHERE:
211 LYONS STREET
WESTCOURT

Please phone
4051 6262
to register your interest and become part of this support group.

Is your life affected by someone's drug and/or alcohol use?
 If the answer is yes, you are not alone.

PARENTS AND FRIENDS SUPPORT GROUP

Lyons House is facilitating a Parents and Friends Support Group for those affected by the drug and/or alcohol use of someone else.

Participants meet in a caring and supportive environment where you will have the opportunity to meet new friends and gain support and understanding.

What It Involves

- People in the group share similar problems or concerns and help one another by sharing experiences, knowledge and information
- Educational and emotional support
- Various topics will be discussed
- Drug information and how to minimize harm
- Impact on the family
- Boundaries
- Effective communication
- Conflict resolution
- Self care

This is an open group so you can come whenever you need support

ANXIETY & SELF ESTEEM WORKSHOP



6 WEEK COURSE

STOP WORRYING AND START LIVING!

Get some really useful info about:

- ◆ Causes of anxiety
- ◆ How to control anxiety
- ◆ Building self confidence
- ◆ Assertive behaviour

TOPICS

- ◆ Looking at what triggers anxiety and strategies on how to control anxiety
- ◆ How to turn negative self talk into helpful thoughts – re-editing your thinking
- ◆ How to change our beliefs and feelings
- ◆ How to express our feelings
- ◆ Barriers to self esteem and how to build self confidence
- ◆ How to be assertive and learn to say no

For information and to register phone Lifeline on 4050 4955



WHEN? Monday October 26th
5.30pm-7.30pm

HOW MUCH? \$10-00 per
session – Negotiable

WHERE? 188 Aumuller Street
Bungalow

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Steve Wettenhall MP

Member for Barron River and
Parliamentary Secretary for Tourism

PO Box 1014 Smithfield Q 4878

Phone: 4038 2800

Fax: 4038 2801

Email: barron.river@parliament.qld.gov.au

Website: www.stevewettenhall.com.au

**Don't forget to order your
2009 Yearbook at the
school office.**

1300 SMILES

As a Dental Therapist Tanya works solely with 4 to 17 year olds. Her duties include examinations, x-rays, restoration of baby and adult teeth, cleaning and fluoride applications, emergency treatment due to caries (decay) and trauma, oral health and diet instruction.

Ask us about using your Medicare Teen Dental Voucher!

BOOK AN APPOINTMENT WITH TANYA

1300 764537

Shop 16
Smithfield Shopping Centre
Cnr Kennedy & Cook Hwys

Cairns Central, Shop 3
Ground Floor,
Cnr Spence & McLeod Sts

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MULGRAVE COASTAL BASKETBALL ASSOCIATION
is having a

Cent sale

When: 24th October, 2009

Time: 1.30pm onwards

Where: Cairns Band Hall,
Mulgrave Road (next to the Show Grounds)

Cost: \$3.00 entry (includes lucky
door prize and afternoon tea)

Come along and support our J.A.T.S. (Junior Advanced Training Squad) players raise money for their trip to the USA in December.

For advertising space in our monthly newsletter - contact Amy - 4058 4308