



ReFrame May Newsletter

What's New

Introducing our newly re-branded program - Kaleidoscope!

This is a program offering support to children and young people 4-17 yrs who are living in a family impacted by mental health concerns or challenges. Kaleidoscope 'Program Guides' will work with the child or young person through engagement strategies including home, school and out of clinic visits. Program Guides will collaborate with family and community structures to foster growth and support the child or young person in achieving individual program goals. Kaleidoscope will provide opportunities for creativity and connection by offering fun activities that will focus on resilience, relationships and capacity building in an enjoyable and positive environment.

Referrals from individuals, families, schools, GPs or agencies can be made by phone or email.

KALEIDOSCOPE



Looking for a little extra support at home? Give these free apps a whirl and let us know what you think!

- Smiling Mind
- Happify
- Feelmo

Group Spotlight


Our monthly group focus for May is our Art Group! Research tells us that Art can have an important role in helping reduce a lot of current mental health concerns – through offering help, promoting well-being and creating a space for social connection. Making art can help people express themselves, without having to use words and can assist in boosting confidence and make us feel more engaged and resilient.

Have you seen our ReFrame mural wall before? Well it has come to that time of year where we have painted over the current one to create a blank canvas for a new design. So if you have any design ideas you'd like to contribute, we would love to hear about them! After all, this mural is all about you ReFramers and having a space to let your creative side be seen. Artistic or not, how fun is it to just pick up a brush and paint a wall?!


Running every Wednesday from 4pm - 5pm at ReFrame in Bowral.

Contact Info

Contact us on any of the below to link in with our service and follow us on social media for the latest updates.

 0455 104 104

 mhintake@communitylinks.org.au

 ReFrame_Aus

 @ReFrame_Aus



What's On In May at ReFrame

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5	6	7	8
Music Mondays 4-6pm ReFrame Walk In 	Sports Day 4-5:30pm Kazcare, Bowral 	Art Group – Mural Painting! 5-6pm ReFrame Walk In 	ReFramer Gamers 4-6pm ReFrame Walk In 	Young Parents Group 9:30-11:30am ReFrame Walk In  LGBTQIA 18-35 yr olds 5-7pm ReFrame Walk In 		
9	10	11	12	13	14	15
Music Mondays 4-6pm ReFrame Walk In 	Sports Day 4-5:30pm Kazcare, Bowral 	Art Group – Mural Painting! 5-6pm ReFrame Walk In 	ReFramer Gamers 4-6pm ReFrame Walk In 	Young Parents Group 9:30-11:30am ReFrame Walk In  Restorative Yoga 4-5pm Station St, Bowral 		
16	17	18	19	20	21	22
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23	24	25	26	27	28	29
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30	31					
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For further information and enquiries
 E. info@communitylinks.org.au
 Ph. (02) 4683 2776 or 0455 104 104
 A. 1/68-70 Station St. Bowral



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 www.communitylinks.org.au