

Freezestone Marvellous Morning

**Freestone Memorial Hall
Freestone Rd**



**8am – 12noon
Saturday 21st July**



FOR SALE

**All Morning Breakfast
Country cooking - M T/Scones and Cream
Tea, Coffee & cold drinks**

Not to be missed, J & J hall yarn bombing (*check out the FSS student's quirky contribution*)

Cobra Car Display

Pop up art exhibition & more

Opening of renovated facilities 11am

Beautiful Valley view's & Country Smiles free of charge



**Group Bookings
Erin 0481 545 141
Walk ins welcome too!**

Proudly supported by





1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behavior in children 2-10 years old

A three-session program for parents and carers

Wed 01, 08 and 15th August 1pm – 2.45pm

Please note: No Childcare available

Learn:

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour



Parents will receive:

- A 1-2-3 Magic & Emotion Coaching Parent Workbook

Registration Fee?

The course costs: FREE

Register for this course by contacting BUSHkids Warwick ph 4667 1200

What people are saying

What a relief to come across a program that preserves the dignity of the child, maintains the self-control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child who later down the line, needs excessive discipline or grows out of control.

Who is running it?

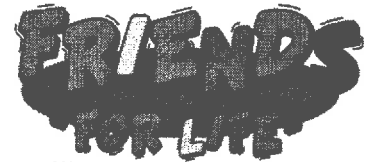
The presenter for this course is Linda (family health support worker) from BUSHkids Warwick who have completed Parentshop's 1-2-3 Magic® & Emotion Coaching practitioner training.

For more information contact
Warwick BUSHkids on 4667 1200

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

BUSHkids Warwick
Is offering the
FRIENDS FOR LIFE Program



FRIENDS is a program aimed at teaching positive coping skills and building resilience to help children with worries and concerns both now and in later life.

- Program will run over 9 weeks
- Commencing Tuesday 24 July
- For girls and Boys in Yr 3 & 4
- 3.30 – 4.30pm (4.15 – 4.30pm with parents) at BUSHkids 191 Wood Street
- Please call to discuss your child's needs
- Program is provided free of charge
- Register early – Limited spaces

For registration and more information please call
 BUSHkids Centre on Ph 4667 1200



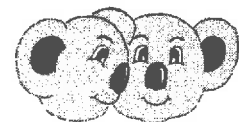
BUSHkids Warwick
Is offering the
FUN FRIENDS Program



FRIENDS is a program aimed at teaching positive coping skills and building resilience to help children with worries and concerns both now and in later life.

- Program will run over 9 weeks
- Commencing Thursday 26 July
- Group is for girls and boys in Yr 2 & 3
- 3.30 – 4.30pm (4.15 – 4.30pm with parents) at BUSHkids 191 Wood Street
- Please call to discuss your child's needs
- Program is provided free of charge
- Register early – Limited spaces

For registration and more information please call
 BUSHkids Centre on Ph 4667 1200



BUSHkids Warwick
FRIENDS parent information session

An important aspect of the program is to provide parents with an outline of the FRIENDS programs. This enables parents to better understand the aim of the program and to support and reinforce skills your child will learn.

Morning session

- Thursday 19th July 9am – 191 Wood Street
- OR**
- Thursday 26th July 9am – 191 Wood Street

For registration and more information please call
 BUSHkids Centre on Ph 4667 1200



Mobile Women's Health Service **fact sheet**

A sensitive women-centred approach to health "for women by women"

A Mobile Women's Health Nurse will be in your area offering free, confidential, individual consultations.

During these consultations we offer information, counselling, support and education on a range of women's health issues including:

- Well Women's Clinics (including a cervical screening test (CST)) and breast awareness and education.
- Information about Menopause, hormone therapy and osteoporosis
- Continence promotion
- Reproductive issues
- Menstrual issues
- Sexuality
- Sexual Health
- Puberty

The Mobile Women's Health Nurse Service aims to promote, maintain and improve the health and well-being of women in rural, remote and isolated parts of Queensland.

Kathryn Anning (Mobile Women's Health Nurse) will be at the
Killarney & District Aged Care Facility

on Thursday 23rd August, 2018. 9.30 am to 3 pm

This is a free service

**For information and bookings
please phone the Aged Care Facility on 4664 1488**

All information contained in this sheet has been supplied by appropriately qualified professionals. It is a guideline for care only. Seek medical advice, as appropriate, for concerns regarding your health.

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Mobile Women's Health Program | Toowoomba Hospital

Ph 4616 6000 | Fax 4616 6170 | ABN 64 109 516 141

www.health.qld.gov.au/darlingdowns

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**FRI 31ST AUG
2018**

**SOUTHERN DOWNS AG
WARWICK COWBOYS RUGBY LEAGUE**

BULL RIDE

**FATHER RANGER
OVAL, WARWICK**

NRA AFFILIATED, CONDUCTED BY CMC RODEO

**ADULTS \$20 • CHILDREN 0-14 FREE
PENSION / CONCESSION 15-17 YRS \$15**

kindly sponsored by
Warwick Hotel

**GATES OPEN 5PM
FOR A 6PM START
MIK OBERLE
AFTER PARTY**

PRIZE MONEY

- OPEN BULL RIDE \$1500
- NOVICE BULL RIDE \$500
- U18 JUNIOR BULL RIDE \$300
- U15 JUNIOR STEER RIDE \$100
 - U12 PODDY RIDE \$100
- LOCAL STEER RIDE \$200
- LOCAL PODDY RIDE \$50
- COWBOY FOOTY STEER RIDE

Contact Liz 0409 894 100