

Tasmanian Aboriginal Centre. Newsletter November 2015

THIS IS A CONVERSATION ABOUT ALL OF US. IT IS NOT 'US' VERSUS THEM.

WE CAN DO BETTER. TOGETHER, WE CAN WORK TOWARDS A CHANGE THAT AFFECTS US ALL!



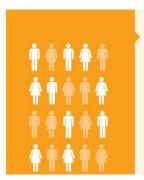
DATE: 25TH NOVEMBER

TIME: 3-5PM

WHERE: TAC

Pizza & Prizes

White Ribbon Day, on Wednesday 25th November at the Tasmanian Aboriginal Centre from 3-5pm. Pizza, prizes, quizzes and give-a-way prizes up for grabs come & test your knowledge.



Only half of high school students report being taught about domestic violence in school







IN SUPPORT OF
AUSTRALIA'S
CAMPAIGN TO
STOP VIOLENCE
AGAINST WOMEN

Pizza

Prizes

Quizzes



Families End of

2015

Friday 11th December 3.00pm to 5.30pm **Playground Area Heritage Forest**

> Plenty of Fun, **Games & Activities** to Enjoy for All Ages

> > B.B.Q.

TEA

Provided

Contact: Carol Wright Launceston TAC For more information

Removable

Tattoos

On

Jumping

Castle

Free Call: 1800 132 260

Mobile: 0400 150 645



Mowbray















All Children must

Adult/Guardian

16yrs & over

Face

Painting

be accompanied by





























Welcome to the Counselling Service

What do we do and how we can help?





Andrew Hurst

Andrew has worked at the Tasmanian Aboriginal Centre for well over 10 years. He has a Bachelor of Social Work, a Masters of Administration and Policy, and over 25 years of experience as a Counsellor. He has worked in Alice Springs and London, United Kingdom in a wide range of positions. He works at the Centre from **Monday to Thursday**.





Belinda Howard

Belinda has worked at the Tasmanian Aboriginal Centre for 4 years. She has a Diploma of Community Services and a Bachelor of Social Work. She has 9 years of experience as a Counsellor. Belinda has specialist skills in Alcohol and Other Drugs and Mental Health. Belinda works at the Centre from **Monday to Wednesday**.

Come in or call 1800 132 260 to make an appointment at the Reception

Community FYI

The Aboriginal Housing Allocation Committee members are as follows

If you have any queries with Aboriginal Housing please contact these people

- Murray Everett Chair Person
- Sharron Holbrook
- Dawn Blazely
- Natalie Brown-Cameron
- Tameka Riley















HEALTHY
SUPERMARKET
TOURS

WHEN: 10AM THURSDAY MORNINGS – STARTING IN NOVEMBER 2015

Launceston

This is available for any members of the community who want to improve their grocery shopping and overall health.



Any queries, please contact Tim McMaster (Dietitian) in TAC Health on 6332 3800 or 1800 123 260 ©

Learn how to read food labels correctly & easily!

Learn some easy tips to become a smarter shopper!

Learn how to buy healthy food, but save money at the same time!

Make sure you book in early as spots are limited!

A take home healthy breakfast pack provided for those who attend ©