



# 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!**

## **WE ARE INVITING YOU TO COME ALONG TO OUR WHITE RIBBON DAY.**

**DATE: 25<sup>TH</sup> 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.



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

Pizza

Prizes

Quizzes



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





**Families End of  
Year Celebration  
2015**

**Friday 11<sup>th</sup> December  
3.00pm to 5.30pm  
Playground Area  
Heritage Forest  
Mowbray**

**All Children must  
be accompanied by  
Adult/Guardian  
16yrs & over**

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

**Face  
Painting**

**Removable  
Tattoos**

**Jumping  
Castle**

**B.B.Q.  
TEA  
Provided**

**Contact: Carol Wright  
Launceston TAC  
For more information**

**On**

**Free Call: 1800 132 260**

**Mobile: 0400 150 645**



# 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 ☺**