

# Mackay Men's News

## Relationships Australia

Time is a great teacher, but unfortunately it kills all its pupils .. - Louis Hector Berlioz



Thanks to all those who participated in **White Ribbon Day 2015.**

Many pledges were signed and money was raised for local DV refuges.

Men and boys from various parts of the community demonstrated their commitment to making Mackay a safer place so that everyone is able to feel more secure in their homes and relationships.

Among others the Choir of Unheard Voices were on hand to spread the White Ribbon Day message;

*Not to commit, condone, nor remain silent about violence towards women and children.*

With Christmas coming before we know it the working group for Christmas for Everyone has been busy organising and checking lists etc. It was decided to send out a request for donations for DVD's in good condition rated G and for puzzles and games in good condition. These items are for those who attend Christmas for Everyone at St Paul's which will be open from Christmas Eve to New Year's Day inclusive.

Donations may be left at St Paul's in Macalister Street or CASA office cnr Gregory & Alfred Streets during business hours.

Thanks

Lorraine Wirth  
Manager  
Community Accommodation & Support Agency Inc  
Cnr Gregory & Alfred Sts  
49514299



### Men's Breakfast

The monthly Men's Breakfast is scheduled for 7:30am this Saturday 6th December at the Iona West Uniting Church Hall - 7 Brooks St, West Mackay. The guest speaker is Ryan Gilbank This will be the last Men's Breakfast for 2014.



**The Men's Shed will be open afterwards for those wishing to stay on.**



*Jo Aitchison offers relationship counselling and education at RAQ Mackay. To book an appointment with Jo please phone ;*

**1300 364 277**

*Jo says; 'There are no shortcuts to any place worth going.'*

*For information on the contents of this flyer contact ; Mike Fry at Relationships Australia.  
mfry@raq.org.au*