

Mackay Men's News

Relationships Australia

March 2015

MEN'S BREAKFAST



The next Men's Breakfast will be held at the Iona –West Uniting Church Hall, 7 Brook St; West Mackay on Saturday 7th March 2015. The breakfast will start at 7:30 AM. The cost is \$5 and it is a great opportunity for fellowship with other men.

Neighbor Day 2015

On Friday 27th March Relationships Australia, the Dispute Resolution Centre, Worley Parsons and other local community agencies will be hosting a free pancake breakfast at the entry to the Worley Parson's Building; 45 Victoria St, Mackay. It will run from 8 to 9:30am—all welcome! Please come along for a tea or coffee, snack and a chat.

Although good fences may contribute to good neighborly relations "Neighbors are important because good relationships with others can and does change communities. Social connection makes us feel better as it helps prevent loneliness, isolation and depression. When you connect with the people who live nearby, you're showing you care about what happens locally and are directly supporting safe, friendly and resilient streets and towns." <http://www.neighbourday.org/resources/>

Anxious or confused about your options?

Supporting you through the aged care process

Please phone



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Lenore has many years experience in assisting clients complete

aged care placement documents. Expert

support can be accessed through one contact



RAINBOW Representative

Fiona Mullins has taken on the role of Rainbow Representative for Relationships Australia Mackay branch. Fiona is seeking to connect with the community to list LGBTI supports and resources and to build on networks and activities for this important sector.



For information on the contents of this flyer please contact Mike Fry; [mfry@raq.org.au](mailto:m fry@raq.org.au)