

ARC NEWS



#we belong

Welcome

Spring Edition

Welcome back, ARC community! We're excited to reconnect with each of you in this spring edition of our newsletter. It's here to keep you updated on all things ARC and our ever-expanding community. Together, we share stories, events, and initiatives that shape our collective journey. Our vibrant communities continue to grow, offering spaces for like-minded individuals to connect, collaborate, and explore. Your contributions make our community unique, and we're grateful for your unwavering support. Thank you for being part of our extended ARC family. Grab your favorite drink, find a cozy spot, and dive into the stories and updates this newsletter holds. With warm regards.

The ARC Team

Trending at ARC this Season :

- ARC'S 3rd Bday!
- Chair Yoga
- Mens Group
- Arty Farty Friday
- Coffe & Games Group

What's Been Happening at ARC?

ARC: A Hub of Growth and Connection

Greetings, ARC community! We're thrilled to bring you the latest updates on our ever-evolving journey of healing, connection, and advocacy.

Celebrating Our Peer Mentor Finalists: We are incredibly proud to announce that two of our very own, Talea Gladman-Glisson and Joanne Evans, have been recognised as finalists for the South Australian Lived Experience Awards. Their dedication and unwavering support have made a profound impact on our community. Congratulations, Talea and Joanne, for this well-deserved recognition!



Group Bookings

If You're interested in booking into our Chair Yoga, Coffee & Games, Arty Farty Friday or Writing groups, please call 0490 679 634

“
Self care is how you take your power back.”

If you are
always
trying to be
normal,
you'll never
know how
amazing
you can be

Welcoming Joanne Evans as our New RC: We're excited to share that Joanne Evans is stepping up into a new role as our Community Rising Star. Joanne has a wealth of experience in the mental health sector, forging deep connections within our community and providing invaluable advocacy and support. We have no doubt that she will continue to work wonders with our community members.

New Men's Group: Starting on October 3rd, we'll be hosting a Men's Group every Tuesday afternoon from 2 pm to 4 pm at a nearby park, just a stone's throw from the ARC office at 2 Ballara Street, Mile End. Whether it's chatting, ball games, or simply hanging out, this is an opportunity for our male community members to connect and share.

Growing Our Community: ARC continues to flourish with new additions to our team and community. Join us in welcoming Peer Mentors Paloma and Mark, who bring their unique experiences and perspectives to our vibrant community.

Podcast Alert: "On the ARC'- Celebrating ARC's 3rd Birthday in October! Exciting news, ARC community! We're thrilled to announce that 'On the ARC,' a captivating podcast curated by our remarkable community member, Cat, is gearing up for release. To make it even more special, we're launching it as part of our celebration for ARC's 3rd Birthday in early October.

On the ARC' is your gateway to deep conversations about mental and emotional distress, inspiring healing journeys, and exploring innovative approaches to mental health support beyond the traditional medical model. Expect to dive into the first episode in early October, right around our birthday festivities. Stay tuned for the exact release date and podcast links by checking our Facebook page for updates.

As always, we're immensely thankful for the support and participation of every member of our community. Your presence continues to make our journey of growth, healing, and connection truly remarkable. Thank you for being an integral part of the ARC family, and we're excited about all that the future holds!



September- Self-Care

Nurturing the Self: The Essence of Self-Care

In our journey towards healing and recovery, self-care emerges as a vital companion. It's the practice of treating ourselves with the same compassion and belief that we extend to others. Just as we emphasise the power of believing in each other, we must remember to believe in ourselves too.

Self-care isn't selfish; it's an act of self-compassion. It encompasses various forms, from the simple daily rituals that nourish our bodies and minds to the deeper self-reflection that fosters growth. It's about recognising our worthiness of care and acknowledging that, like everyone else, we deserve healing, love, and understanding.

When we engage in self-care, we reinforce our self-belief. We send a powerful message to ourselves that we are worthy of the time and effort required to heal. By dedicating moments to self-nurture, we reinforce our resilience and strength, reminding ourselves that we have the capacity to overcome our challenges.

Self-care also builds a bridge to connection. It is through nurturing ourselves that we are better equipped to connect with others authentically. When we prioritise our well-being, we can offer more fully to our communities, providing a source of strength and support. This reciprocity of care becomes a thread that binds us together, strengthening our collective journey.

So, as we believe in each other and cultivate an environment of support and understanding, let us not forget the importance of believing in ourselves. Self-care is not just an act of love; it's a powerful affirmation of our worth and an investment in our capacity to heal and thrive.

ARC's 3rd Birthday Celebration: You're Invited!

It's with heartfelt joy that we announce ARC's upcoming 3rd birthday! We would be absolutely delighted to have you join us for this special celebration of our incredible community.

Over these three years, we've embarked on an extraordinary journey filled with moments of growth, resilience, and unwavering support. Together, we've cultivated an authentic and nurturing community that we are immensely proud of. We've learned, laughed, and leaned on each other through the ups and downs, creating lasting connections and cherished memories.

So, we warmly invite you to come and celebrate with us on October 12th, from 2-4pm, at ARC's head office in Mile End. Let's come together, share stories, make new memories, and toast to the remarkable community we've built.

Self-care is giving the world the best of you instead of what's left of you.



Meet Peer Mentor Krisztina

I wanted to share a little bit about why I've become a part of this amazing ARC family. It's simple, really – I've found a profound sense of belonging here. There's something truly special about being in a space where you feel like you're among friends, where your experiences are not just understood but embraced.

So, what do I bring to this fantastic community? I bring compassion and empathy. Life can throw some curveballs, but I firmly believe that a listening ear, a warm heart, and a good laugh can work wonders. Laughter, after all, is the best medicine, right?

As for my interests, I'm into music, art, the beach (can't get enough of that salty breeze), and cooking up a storm. But what truly makes my world go 'round is time with family and friends, especially when it involves great food and endless laughter.

And what lights up my life? Three things: the beach (seriously, I'm a beach bum at heart), the arrival of spring weather, and a darn good cup of coffee.

So, that's a bit about me and why I'm excited to be part of the ARC family.



“A listening ear, a warm heart and a good laugh can do wonders.”

Meet Community Advisory board member-Trina

Meet Trina, our artistic soul with a heart for Community We want to shine the spotlight on someone who's been an essential part of our ARC family for a long time – Trina. Trina is not just a beloved member of our community; she's also generously hosting ARC's free monthly art group, where she shares her passion for creativity with all of us. With years of experience under her belt, Trina's art sessions are not just about making art, they're about connecting, expressing, and discovering the artist within.

Trina wears her passion for ARC and our community like a badge of honour. She takes her role on the Community Advisory Board seriously, ensuring that different perspectives and diverse views are always represented. It's people like Trina who make our community vibrant and inclusive. We're truly fortunate to have her unwavering dedication and commitment.

So, let's all take a moment to appreciate Trina, we're grateful for everything you bring to our community!





Stories of Connection

A lot of us struggle with self-harm, using it as a way to numb the pain and distract ourselves from our incessant thoughts.

Our peer Mentor Cleo was able to connect with her person and together they came up with some alternatives to self-harm that provide a similar relief and we thought it was definitely worth sharing for anyone else who might be suffering.

Her person has been through a super tough time lately and has been exploring self-harm alternatives - this strategy is one that has been helping as a great distraction for her. These are using temporary markers and pens (lasting for 2-4 weeks and you can also get stick-on ones etc.) this has been helping her reconnect with her creative side too. The dragon is one she drew herself and the other was a stick-on which she will colour in with tattoo pens. Love alternative strategies



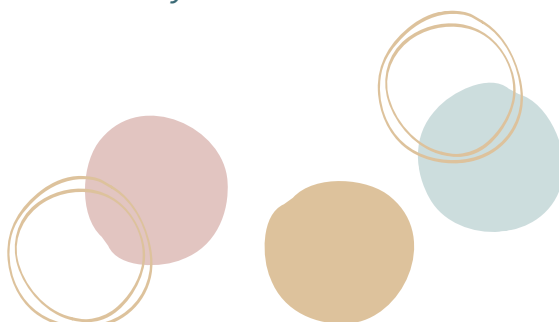
In My Mind

I sit alone in fear of self, In fear of life. The stress within is building up. I know the terror it tortures my soul. The rages inside tears at the very self that is me. From this fear so strong will I never be free?

I sit in silence while living on autopilot. How can't you tell? How can't you see? This pain is so strong I can barely breathe.

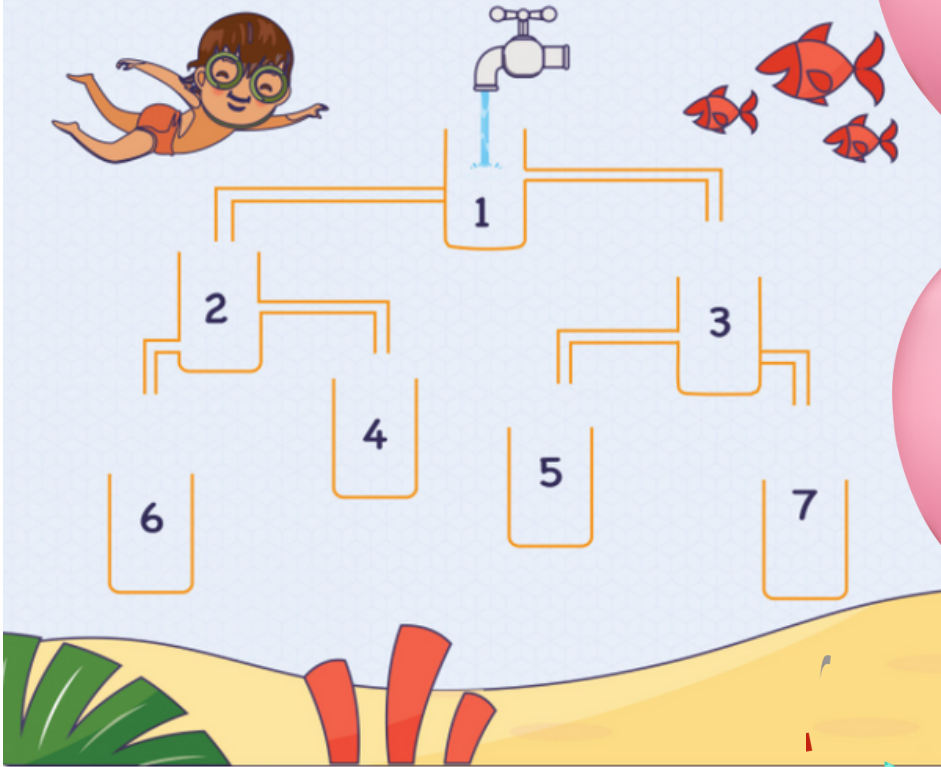
*I try to stand, I try to fight but the terror is growing
It steals my night. I do not sleep, I no longer cry, I want to tell you, I want to talk. I want to run but can barely walk I stand at your door but cannot knock
My time is passing, there seems no hope. I am not worthy? Do I have no value? I hang my head in shame as the clouds of darkness call my name.*

Jenny B



You're enough.
You're so much more than enough.

Which glass will fill up first?



A woman was born in 1975 and died in 1975. She was 22 years old at the time of her death. How?

