

ARC NEWS



#we belong

Welcome

Summer Edition

As the sun graces us with its warm embrace, we're thrilled to present a vibrant snapshot of our ARC community in this Summer edition of our newsletter. At ARC, we've cultivated a space that embodies connection, support, and empowerment, and this newsletter is your passport to all the exciting happenings within our community. Join us as we share stories and the diverse talents that make ARC a unique haven for personal and collective growth. We take pride in the inclusive environment we've fostered, and we're eager to keep you in the loop on the latest developments, events, and initiatives that make our community thrive. This is not just a newsletter; it's an invitation to be an active part of the ARC journey. Your participation and engagement are what make our community flourish. Let's celebrate the warmth of summer and the warmth of our ARC community together!

Trending at ARC this Season :

- Coffee & Games Group
- Chair Yoga
- Men's Group

What's Been Happening at ARC?

Christmas Festivities:


In alignment with ARC's deeply cherished values, we extend our heartfelt acknowledgment that this season can pose challenges for our community. Yet, true to the spirit of ARC, we gathered in celebration, feeling genuinely privileged to share this festive time with our community. The Christmas brunch was a delightful occasion, filled with the warmth of shared Christmas treats and wonderful company. Our resident dog, Eddie, along with his dear friend Willow, reveled in an abundance of pats, lively ball games, and tantalizing tidbits of Christmas Turkey. A sincere thank you to all who joined us; the experience was undeniably special, and the time spent together was a cherished gift.



Group Bookings

If You're interested in booking into our Chair Yoga, Coffee & Games and Men's Group, please call 0490 679 634

Beautiful
minds
Connect
Inspire
Support



Welcoming Vanessa Arvanis as our New RC: We are delighted to introduce our newest team member, Vanessa, who joins us as a dedicated Recovery Coach. Vanessa's decision to become part of the ARC community stems from a profound passion for helping others and a genuine belief in the transformative power of each person's healing journey. Her commitment to creating a safe and non-judgmental space is grounded in both her educational background and personal experiences. Vanessa's interests include going for walks, practicing yoga, and meditation, enjoying TV, dining out, and socialising with friends. With her counselling skills and lived experience, Vanessa fosters powerful connections and provides unwavering support. What truly lights up her life is her family, husband Phillip, and her two daughters, aged 15 and 5. Please join us in extending a warm welcome to Vanessa as she embarks on this meaningful journey with our community.



Not all storms come to disrupt your life, some come to clear your path.

Men's Group:

Join the camaraderie and fun at our ARC Men's Group, where a fantastic community of members is thriving! We've been creating bonds and unforgettable memories with regular BBQ gatherings and engaging in friendly matches of cricket, footy, and basketball at the local park when the weather permits. And for those warmer days, we've transformed the office into a gaming haven, indulging in some friendly competition with favourites like Crash Bandicoot and Mario Kart on Nintendo. Our group is all about connection, laughter, and the joy of shared experiences. Excitingly, we're gearing up to diversify our activities, considering the addition of a monthly Golf day to keep things fresh and exciting. So, if you're looking for something a little different, come and give it a go – the ARC Men's Group is an open invitation to join in the camaraderie and build lasting connections.

Growing Our Community: ARC thrives with the exciting addition of new members to our team and community. We invite you to join us in extending a warm welcome to our new Peer Mentors – Kitty, Jadee, and Ross. Each of them brings a wealth of unique experiences and perspectives, enriching our vibrant community with their individual contributions.

New therapy assistant service available:

Therapy Assistant counselling offers a cost-effective way for you to receive expert counselling. Our therapy assistants' approach is collaborative, where community members bring their life experiences, and they bring their counselling skills with integrity and professionalism. Additionally, they value lived experience and may draw upon their own background to offer empathetic support. These sessions are offered at a low cost and is a great alternative if you have a small therapy budget.

To learn more about our services or to book a counselling session, please give us a call at 0490 679 634. Our team is here to listen, understand, and support your healing journey.



January- Our Path Our Journey

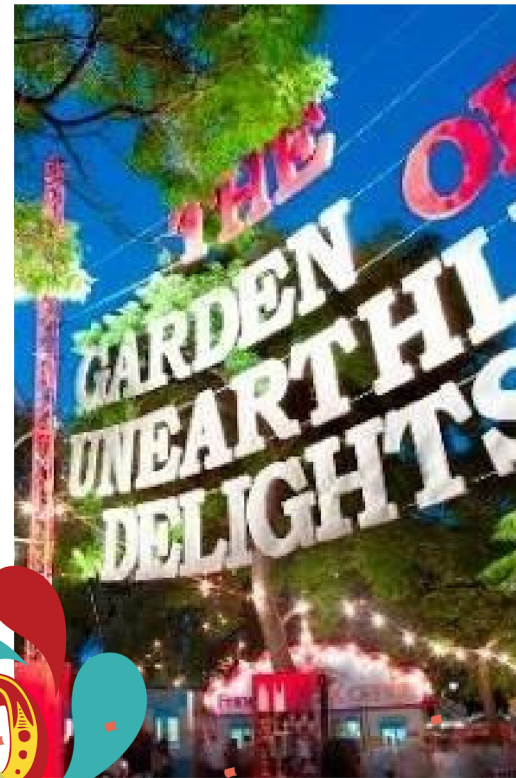
Embracing Our Paths: A Compassionate Journey of Healing and Connection

In the gentle embrace of January's theme, "Our Path, Our Journey," we embark on a collective exploration of the unique and intricate roads that shape our healing journeys. Here, there is no judgment, only a compassionate acknowledgment that each path is as individual as the soul traversing it. It's a reminder that there is no universal right or wrong way to heal, only the way that resonates authentically with your heart and holds personal significance. Let's emphasise that it's not about what's wrong with you, but rather what has happened to you – a subtle yet powerful shift in perspective along the healing road. Vulnerability becomes a beacon, illuminating the way, as connection weaves a tapestry of shared experiences. Sometimes, in the simple act of listening and bearing witness to someone's journey and struggles, we extend a lifeline of understanding, reminding them that they are not alone. Together, we embrace the warmth of empathy and create a space where every step is valid, every story cherished, and every heart finds solace along its unique healing path.

I trust
that I am
on the
right
path.

ARC's Fringe Festivities: You're Invited!

Get ready for an exhilarating adventure as we eagerly anticipate the upcoming Fringe Festival! We're thrilled to extend a vibrant invitation to our incredible community to join us for a dazzling 'Night at the Fringe.' Picture this: a collective burst of excitement as we organize a dynamic group of ARC Community members to experience a captivating show together. The air is buzzing with anticipation, and we can't wait to share the joy, laughter, and sheer entertainment that the Fringe Festival promises. If you're curious and ready to be a part of this unforgettable experience, don't hesitate to reach out to your dedicated ARC team member – because the more, the merrier! Let's make memories together at the Fringe Festival - it's an invitation to fun you won't want to miss!



SO
MUCH
FUN



Meet Lead Mentor Cleo

Meet our exceptional Team Lead, Cleo, a dedicated Peer Mentor with a heart full of compassion and a passion for fostering connections within the ARC community. Cleo's choice to be part of ARC stems from a profound belief that everyone deserves support, and they consider it a privilege and honour to work alongside others, utilising their lived experience to create meaningful connections. Cleo brings a wealth of qualities to the team, offering kindness, empathy, unconditional understanding, and robust advocacy. Their support extends beyond just motivation; Cleo is committed to helping individuals thrive as their best selves.

Beyond the professional realm, Cleo's diverse interests span self-awareness, mental health advocacy, true crime, documentaries, audiobooks, hiking, meditation, and a deep appreciation for music. As someone who can be socially anxious and introverted, Cleo finds light in witnessing people authentically being themselves and thriving, alongside their beloved dog Watson and the grounding embrace of nature. . Join us in celebrating Cleo, who not only leads with dedication but also lights up the ARC community with their unique blend of warmth, humour, and genuine connection.



Meet Community Advisory board member-Connie

Constance, a cherished member of our Community Advisory Board, holds a special place in the heart of the ARC community. Since its inception, she has been an integral part of our journey, marking her unique distinction as Aspire Recovery's first-ever community member. Constance's presence has enriched our collective experience, and we've witnessed her transformation into an inspiring figure who captivates our community with heartfelt talks about her healing journey and the significance of being part of our close-knit family

Beyond her role, Constance is a devoted reader and avid op shopper and arcade game player. What sets Constance apart is her genuine love for helping others. This altruistic spirit led her to the Community Advisory Board, where she tirelessly works to ensure that everyone has a voice. "I want to give people a chance to be heard," she says, embodying the essence of compassion that defines our community. Constance's journey with us is a testament to the transformative power of healing and the profound impact one can make by extending a hand to others.





Stories of Connection

In a heart warming story of our community, Rhys stands as a testament to the profound connections that can blossom within our supportive network. His bond with peer mentor Chris is nothing short of extraordinary, a harmonious joy of shared experiences and genuine camaraderie. Together, they embark on a journey of exploration, regularly venturing into new realms of discovery. For Rhys, the thrill of adventures is more than just a pastime; it's a source of connection and freedom. With Chris by his side, these escapades become treasured moments, filled not only with new places and activities but also with the laughter that bridges the gaps and allows Rhys to open up and enjoy his time together with Chris. The authenticity of their connection demonstrates the transformative power of compassion and shared joy. Through the laughter and shared experiences, Rhys discovers a safe space to be himself, fostering a bond that goes beyond support, creating a genuine friendship that enriches both their lives.

Anonymous

*I started calling that girl back.
The girl who loved living,
The girl who danced instead of walking.
The girl who had sunflowers in her eyes and
fireworks in her soul.
I started playing music again hoping she would
come out.
I started looking for beautiful moments to
experience, so she would feel safe enough to
show herself,
because I knew she was in there.
And she needed my kindness and my effort,
to come to the surface again.*



I gave myself
care when it
wanted
destruction
and that's
when the
healing
began.

S.C Lourie



When I have any free time for any duration, I find myself trying to reach for something that fires up my brain and makes me feel like I am taking care of myself. Somehow the limitless possibilities become so overwhelming that I either try and clean the house (yes I know) because that feels productive, or I fall into a void and scroll on my phone for a long while.

I am all for creating a healthy balance in life, so those two things aren't necessarily good or bad; they're just the only two activities I remember to reach for.

My Dopamine Menu

- Starters**
Activities that are quick and don't suck you in
 - Dancing to music
 - Going for a 15 minute walk with my dog
 - Hanging out with pets
 - Mindful sensory practice
- Mains**
Activities that take a bit longer but bring lots of spark and joy
 - Doing stuff in the garden
 - Singing
 - Walking or sitting on the beach
 - Baking and cooking
- Sides**
Activities that can be added to other ones to make them more fun
 - Listening to music
 - Watching or listening to something that makes me laugh (stand up)
- Desserts**
Sometimes activities, Delicious and feel good but only in small amounts
 - Eating chocolate almonds
 - Scrolling on TikTok (10 minutes)

Which is why I made myself a dopamine menu.

Once I filled it out with the things I love doing, I stuck it somewhere I could see it every day. There can be a confusing relationship between things we tell ourselves we “should” be doing and the things we “could” be doing but choose to do later. I sometimes feel like I’m running on a “should” treadmill. It’s probably good to stop now and then to ask myself but what do I need. What about you; what activities give you spoons or what fills up your cup?

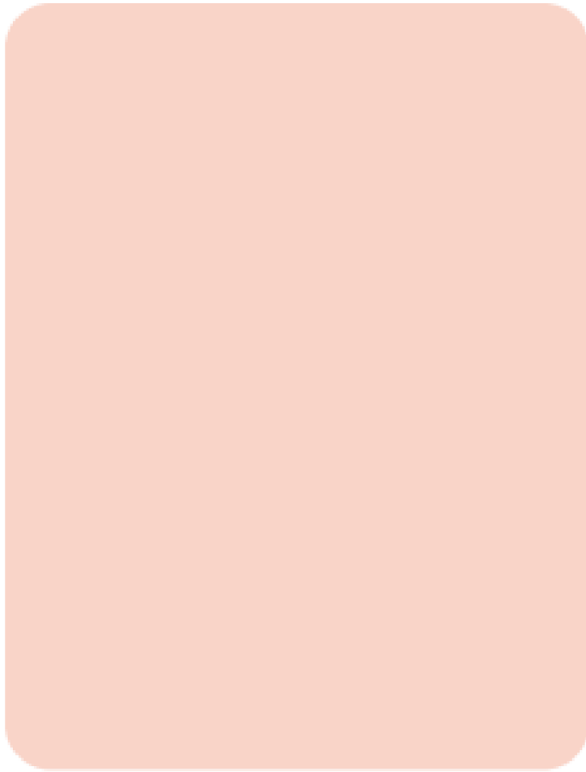
*Please note: Because of my relationship with food this metaphor felt like it resonated with me and my needs. I acknowledge that may not feel the same for everyone.

Xarchaceya

My Dopamine Menu

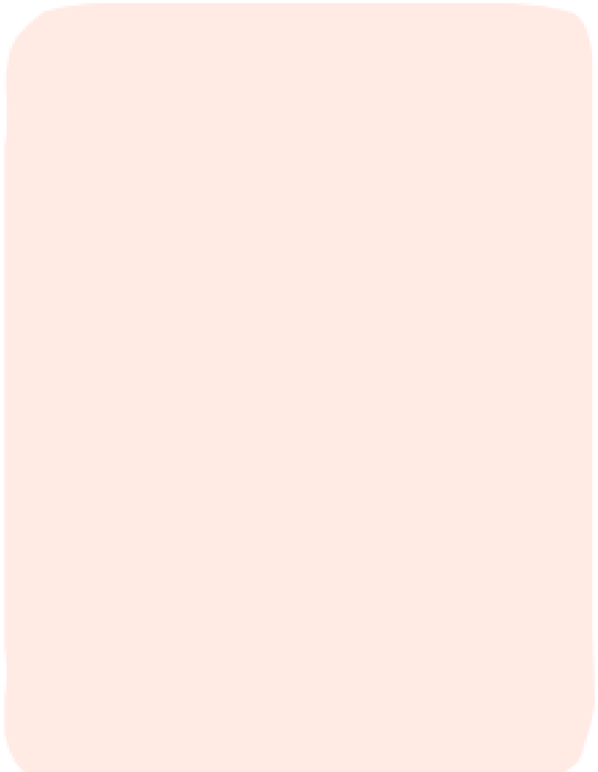
Starters

Activities that are quick and don't suck you in



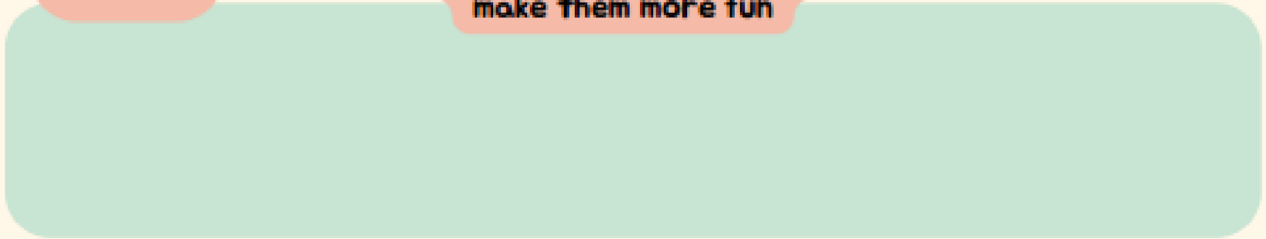
Mains

Activities that take a bit longer but bring lots of spark and joy



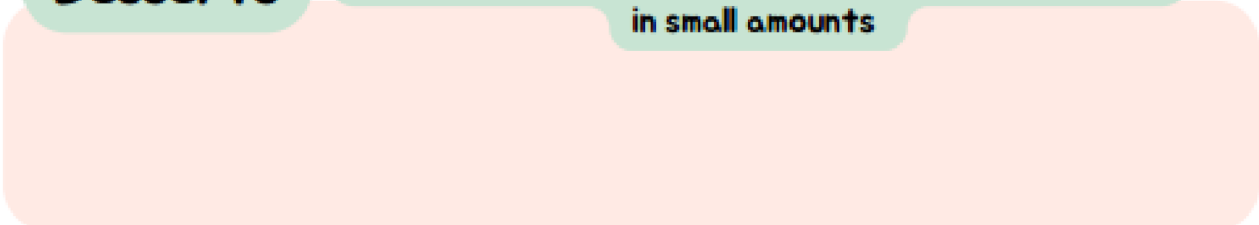
Sides

Activities that can be added to other ones to make them more fun



Desserts

Sometimes activities - Delicious and feel good but only in small amounts



At ARC, our heartfelt commitment to community well-being extends to providing valuable resources for those in need. Recognising the importance of immediate assistance, we have compiled a list of emergency food relief support services that serve as accessible lifelines for our community members facing hardships. This carefully curated list is designed to be a quick and easy reference, emphasising the urgency and simplicity of accessing these essential services. In times of need, we believe that a helping hand should be readily available, and this compilation is a testament to our dedication to fostering a community where no one feels alone or hungry.

**Puddle Jumpers food hub Port road-
70715270 or 0400999349**

Free bread, fruit, veggies, hot meals, frozen meals, coffee, pantry items
Open weekdays 10am-2pm then 5pm to 8pm

Heart and soul

Open weekdays 10am to 2pm no appointment needed free veggies and bread and
cheap snacks and house hold items

Two locations

SOUTH Colonnades shopping centre
across from colonnades tavern

WEST 4th street wingfield

and home delivery as listed to order go online heartandsoulinc.com.au and go to
online shop

- Northern Suburbs - Wingfield to Two Wells: Every Wednesday, orders must be placed by mid-day Tuesday
- Central Adelaide Suburbs - Beach to the foothills, Wingfield to Seacombe Gardens: Every Friday, orders must be placed by Midday Thursday
- Southern Suburbs - From the hill up, to Aldinga Beach: Every Tuesday, orders must be placed by Midday Monday
- Adelaide Hills - Mt Barker/Strathalbyn/Murray Bridge: Every Thursday, orders must be placed by Midday Wednesday

Pathway community centre

1\249 Milne Road Modbury north 5092 **8395 8898** office@pathway.clovercrest.com.au

Open Hours

Monday to Thursday

10am - 3pm

Friday

10am - 1pm

Saturday

9:30am - 12:30pm