



COVID-19 update

The health and safety of staff and clients is our top priority

Thursday 5 November 2020

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The Corner is coming!

We are busily making the final preparations to reopen The Corner and The Parlour on Monday. The spaces will be open for bookable sessions throughout the week. Check [our website](#) for full details. It will be wonderful to have some little faces back onsite soon!

Take care Thursdays

November is here, and this month we're focusing on reflection and recognition — recognising ourselves, our achievements, and the people and things around us.

Here are a few ideas from [Queensland Health](#) to try this week to help take notice of our surroundings:

- Go barefoot: walk along the dirt, grass or beach and notice how that feels on your feet.
- Be observant: when taking public transport or as a passenger in a car, disconnect from technology and observe what's happening around you.
- Stay in the present: be mindful not to spend time worrying about future events or reliving the past. Direct your attention to what is happening here and now and you'll feel more at peace.

Vicki