



# YULU-BURRI-BA

Aboriginal Corporation for Community Health



@YuluBurriBa



@YuluBurriBa

## CLOSE THE GAP DAY 2019

### What is close the gap?

It is a Government initiative that aims to reduce disadvantage among Aboriginal and Torres Strait Islander people using set measurable targets to monitor improvements with respect to life expectancy, child mortality, early childhood education, reading, writing and numeracy, Year 12 attainment, employment and school attendance. It is a formal commitment made by all Australian governments to achieve Aboriginal and Torres Strait Islander health equality within 25 years.

### How does Yulu-Burri-Ba Close the Gap?

Yulu-Burri-Ba is the only Aboriginal Medical Service available in the Wynnnum and Redlands area. We provide many services to ensure the health of Aboriginal and Torres Strait Islander people is improving. Visit our website ([www.ybb.com.au](http://www.ybb.com.au)) to see what services and programs we offer.

### Recognising Close the Gap Day 2019:

This year to recognise Close the Gap Day Yulu-Burri-Ba held events at the Capalaba and Dunwich clinics. The events aimed to highlight the importance of closing the gap and what we strive to do to assist achievement of this initiative.

During our event, we wanted to gain some feedback about our services and any ideas or improvements our community have in mind.

### What we plan to do with your suggestions:

We thank everyone who came along to our Close the Gap day events and for taking the time to complete our one of surveys. We value your feedback and plan to incorporate your suggested improvements into our service delivery by:

- Advertising our events earlier and aiming to reach a wider audience through social media and local notice boards
- Continuing to provide healthy food options at our events
- Discussing the need and capacity for more community programs







## SCHOOL HOLIDAY PROGRAM

Our School holiday program will be running again during the Easter holidays. Yulu-Burri-Ba clients aged from 6 - 13 years of age are welcome to attend. Please ensure your child is up to date with their health check - if you are unsure or need to make an appointment give us a call.

- Go to [www.ybb.com.au/services-programs/health-service-programs/](http://www.ybb.com.au/services-programs/health-service-programs/) to download our School Holiday Program permission form
- Return any electronic forms to [kenneth.munro@ybb.com.au](mailto:kenneth.munro@ybb.com.au)
- OR pick a form up from one of our clinics

## HERE'S THE TIMETABLE.....

**Yulu-Burri-Ba**  
Aboriginal Corporation for Community Health

### SCHOOL HOLIDAY PROGRAM TIMETABLE

<b>TUESDAY 9 APRIL</b> 10AM - 1PM CYLINDER BEACH SURFING	<b>WEDNESDAY 10 APRIL</b> 10AM - 1PM QYAC DEADLY CHOICES	<b>THURSDAY 11 APRIL</b> 10AM - 1PM TERRA BULLA ELDERS ACTIVITY
<b>TUESDAY 16 APRIL</b> 10AM - 1PM CYLINDER BEACH SURFING	<b>WEDNESDAY 17 APRIL</b> TBC CAPALABA TEN PIN BOWLING	<b>THURSDAY 18 APRIL</b> TBC CAPALABA TEN PIN BOWLING



## WE WILL BE CLOSED!

Please be aware Yulu-Burri-Ba clinics will be closed for the following Public holidays:

- FRIDAY 19 APRIL | GOOD FRIDAY
- MONDAY 22 APRIL | EASTER MONDAY
- THURSDAY 25 APRIL | ANZAC DAY
- MONDAY 6 MAY | LABOUR DAY

## WE LOVE FEEDBACK <3

Yulu-Burri-Ba strives to provide the best service to the community. Incorporating your feedback is an important aspect that provides us the information we need to better our services. We take all of our feedback, whether negative or positive very seriously.

Are you a Social & Family Wellbeing service client? Take our survey (<https://www.surveymonkey.com/r/SZML7KT>)



## HOW TO MAKE A COMPLAINT

- Firstly speak to the Manager or Supervisor, which can often resolve most problems effectively and in a timely manner, as well as helping to identify ways that we can improve in the future.
- You may also ask for a 'Complaints and Grievance' form which can be filled in and handed back in.
- After speaking with a Manager or Supervisor, you can also contact our Clinical Services Manager by email [hr@ybb.com.au](mailto:hr@ybb.com.au) or call us on 07 3409 9596 or write to us at PO 154 Dunwich QLD 4183.
- If you wish to take the matter further and feel you need to discuss the matter outside of the surgery there are several options available including the:
  - The Complaints Unit at The Department of Child Safety, Youth and Women by email [feedback@csyw.qld.gov.au](mailto:feedback@csyw.qld.gov.au), or by phone 1800 080 464, or by post at Locked Bag 3405, Brisbane Qld 4001
  - Medical Registration Board of Australia (Australian Health Practitioner Regulation Agency), The State or Territory Manager, AHPRA, G.P.O. Box 9958, In your capital city 1300 419 495
  - Australian Medical Association, PO Box 123, Red Hill, QLD 405, (07) 3872 2222, [amaq@amaq.com.au](mailto:amaq@amaq.com.au)
  - Office of the Health Ombudsman
  - OR
  - Contact us
  - Yulu-Burri-Ba Aboriginal Corporation for Community Health
  - PO Box 154
  - Dunwich QLD 4183
  - P (07) 3409 9596
  - E [hr@ybb.com.au](mailto:hr@ybb.com.au)
  - Please address all emails & post to the relevant program you are contacting us

### READ OUR PRIVACY POLICY & DISCLAIMER

[www.ybb.com.au/privacy-policy-disclaimer/](http://www.ybb.com.au/privacy-policy-disclaimer/)



**DUNWICH (07) 3409**



## WE NOW HAVE A DENTAL SERVICE AT DUNWICH

Yulu-Burri-Ba now offers dental services from our Dunwich clinic too. This is a massive achievement for Yulu-Burri-Ba and the community as there are no dental services available on North Stradbroke Island - until now. Give us a call to make an appointment.

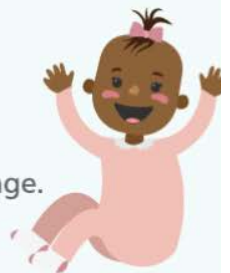
### Babies

- Use a damp washcloth and clean your baby's gums by gently rubbing them.
- As teeth appear introduce a soft, child-size toothbrush.
- Do not use toothpaste.
- Visit a dentist when the first teeth appear or by 12 months.



### Toddlers

- Brush with a soft child-size toothbrush.
- Use child-strength fluoride toothpaste from 18 months of age.
- Parents should brush and floss their child's teeth.
- Brush twice daily.
- Floss teeth that touch together.



### Children (under six years)

- Parents should continue to brush their child's teeth, twice daily.
- Floss teeth that touch together.
- Use child-strength fluoride toothpaste, unless your dentist recommends otherwise.



### Children (over six years)

- Assist your child with brushing and flossing their teeth twice daily until 8-9 years of age.
- Use adult-strength fluoride toothpaste.



For more information on your dental health visit [ada.org.au](http://ada.org.au)

 [facebook.com/HealthyTeethAustralia](https://facebook.com/HealthyTeethAustralia)

 [twitter.com/AUS\\_Dental](https://twitter.com/AUS_Dental)





**Yulu-Burri-Ba**

Aboriginal Corporation  
for Community Health

## MAROOMBA MILBOOL WOMEN'S GROUP

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- **Every Monday, 10am - 1pm**
  - **Women's group room (Dunwich)**
  - **Food provided**
  - **Activities- weaving, knitting, arts & crafts**
  - **Transport can be arranged**
  - **All are welcome**
- 

**Need more info?**

**Call the Dunwich clinic on 07 3409 9596**



**Yulu-Burri-Ba**

Aboriginal Corporation  
for Community Health

## STRONG & DEADLY WOMEN'S GROUP

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- **Every Wednesday**
  - **10am - 12pm**
  - **Women's group room (Dunwich)**
  - **Morning tea provided**
  - **Activities**
  - **Transport can be arranged**
  - **All are welcome**
- 

**Need more info? Call the Family Well-being Team on 0413 322 904 or 0411 860 326**







2019

# NAIDOC Golf Tournament

## Ambrose (Team of 4) Event

Thursday 11 July 2019

Nudgee Golf Course, 1207 Nudgee Rd, Nudgee Ph. 3267 7744

Register from 9:00am

Cost \$50 per player

Heaps of prizes  
Meal included

Tee off 10:00am Shotgun start



Peter Trudgian: 3267 7744 [peter@nudgeegolf.com.au](mailto:peter@nudgeegolf.com.au)  
David Collins: 0417 733 568 [davidacollins56@gmail.com](mailto:davidacollins56@gmail.com)  
Rick Healey: 0427 517 872 [rwhealey96@gmail.com](mailto:rwhealey96@gmail.com)

Proudly supported by

Non GA and GA handicap  
players welcome



# Mallara Umphie

## Men's Shed

### MEET AT THE MEN'S SHED (IN DUNWICH NEXT TO THE CLINIC)

### WEDNESDAY

### 1 MAY 2019

### 10AM

### COME FOR A YARN TO DISCUSS MEN'S SHED ACTIVITIES FOR THIS YEAR

Contact Jappy for more info: 34099596

# MEET OUR CHILD HEALTH NURSE & MIDWIFE

My name is Penny Meadley and I am a Child Health Nurse/Midwife. I have spent the last 5 years working at ATSICHS Logan (4 years in their Mums and Bubs Clinic). I have already seen some familiar faces since starting with Yulu-Burri-Ba this in early March which is really lovely.

My role is to focus on Pregnant women, their children (especially 0-5 years) and the health of anyone who makes up the family unit. Yulu-Burri-Ba wants to focus on all our children being up to date with their health checks and immunisations. I also want to focus on the health of our parents because they are the backbone of a happy, healthy family unit.

I am working with the doctors to make sure pregnant women are referred early to the hospital that they want to birth at and are receiving the appropriate care needed to help keep both Mum and Bub healthy.

I can give education to Mum's about any aspect of pregnancy care. I have started going to weekly meetings with Redlands Hospital Midwifery Group Practice (MGP) to which the consultant Dr Wendy Dutton and the midwives who deliver the pregnancy care for our Mum's attend. This networking makes sure our Mum's (and their growing bubs) are being looked after to the best of Yulu-Burri-Ba's and the Hospital's ability.

I am an IPN (immunisation program nurse) which means that I can give immunisations to a well child without the child first being seen by a Dr. This includes teenagers, pregnant women and adults.

I can help with catch ups and giving education on immunisations. It is very exciting news that this year the influenza vaccination is free for all indigenous clients from 6 months and over (last year the 5-14 year olds were not funded to have a free influenza vaccination unless they had an approved medical condition).



The influenza vaccinations are due to arrive in the next few weeks so ring to book in for them before the weather turns cold.

I found out yesterday that Beci (0413322904) from The Family Wellbeing Team is running a parenting program called Circle of Security at Capalaba starting Wednesday 10-am-12.30pm on May 1st. It is a program that runs for 8 weeks (every Wednesday) and free child care is provided. It is being held at Redlands Integrated Early Years Place (Goodstart). So if you are struggling with your child's behaviour and feel you need a bit of a hand please ring Beci for more information and to book a spot.

I am working with the ANFPP (Australian Family Partnership Program) workers Emily and Karen. These wonderful women work with first time pregnant mothers for a 2 year period giving them support and education. For more information give them a ring on 1800 802 265.

I am based at Wynnum and will work at both Capalaba and NSI. As yet how often I am coming to Capalaba and Straddie and which days, are yet to be decided, but it seems sensible to make Capalaba a Wednesday to coincide with the Redlands Hospital Meetings. I like to be busy so get in touch and let me know how I can help you and your family? I look forward to people coming in for a yarn, showing me your beautiful children and hopefully helping you with their checks and development.

Looking forward to meeting you soon  
Penny Meadley





## **DID YOU KNOW WE HAVE AN NDIS SUPPORT OFFICER?**

Leanda is our NDIS Support Officer, a newly created position at YBB. Leanda works across the all three YBB clinics and her role is to help our clients navigate their way through the NDIS process.

Leanda can help eligible clients complete and submit Access Request Forms, provide support to our clients at pre-planning meetings and planning meetings.

We also work with Partners in the Community such as Early Childhood Early Intervention Partner (ECEI) - Benevolent Society for kids 7 and under and Local Area Coordinators (LAC) - Carers Queensland Australia.

Our aim is to connect clients with services and support making life better for clients living with disabilities.

If you have any questions or would like to know more about the NDIS please call any of the YBB Clinics



## **SMOKING CESSATION**

Join our smoking cessation program!  
Give us a call and one of our deadly Health Workers can contact you one on one to go through ways in which Yulu-Burri-Ba can help you give up the smokes.

### **Reasons to Quit!**

- Remind yourself of the rewards of quitting to help yourself stay on track:
- 20 minutes: heart rate, blood pressure drop
- 12 hours: carbon monoxide in blood stream drops to normal
- 2 weeks-3 months: circulation, lung function improve; heart attack risk begins to drop
- 1-9 months: cough less, breathe easier
- 1 year: risk of coronary heart disease cut in half
- 2-5 years: risk of cancer of mouth, throat, esophagus, bladder cut in half; stroke risk is reduced to that of a nonsmoker
- 10 years: half as likely to die from lung cancer; risk of kidney or pancreatic cancer decreases
- 15 years: risk of coronary heart disease same as non-smoker's risk

## **FLU VACCINATIONS**

Yulu-Burri-Ba will have flu vaccinations available from end of April 2019

### **Why should I get the flu shot?**

The flu shot can:

- can keep you from getting sick
- can reduce the risk of flu-associated hospitalisation for children, working age adults and older adults
- helps prevent serious medical events associated with some chronic conditions
- helps protect women during and after pregnancy
- can be life-saving in children
- can reduce the severity of illness in people who get vaccinated but still get sick
- protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions



# MEET OUR FAMILY WELLBEING TEAM

## LEAD CASE MANAGER

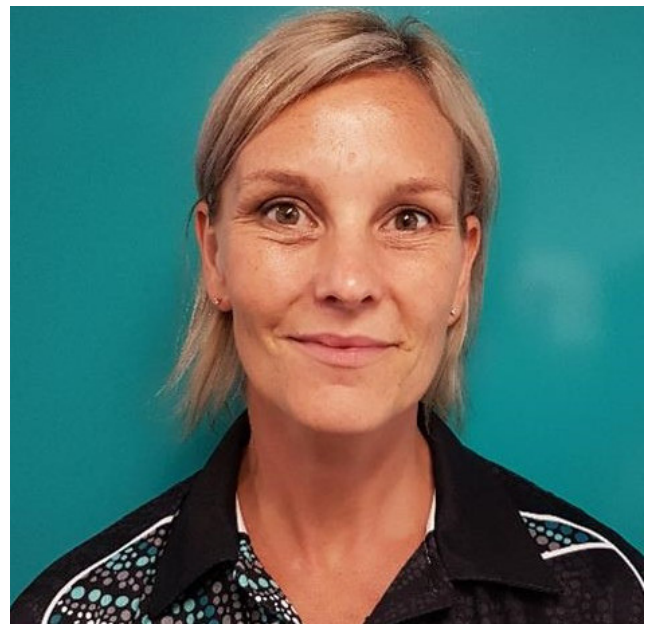


Hi I'm Halimah. I'm originally from Africa but have been living in Australia for 13 years. I have worked with Aboriginal and Torres Strait Islander families for about 9 years. I spent many years working in small indigenous remote communities in North West Queensland. My hope is to support individuals and their families in the community to thrive.

I have a three year old daughter who challenges me and pushes me to do better everyday. I love to cook and often bring in cookies and dishes for the team to try.

## IN-HOME MENTOR

Hi, I'm Beci and I work as the In Home Family Mentor. My role is to support families within the home around any aspects of parenting such as routines, boundaries, relationships and behaviours. I have worked in a family support role for over 6 years and very passionate about helping families. I have four children ranging from twenty to three years old, which keeps me on my toes and I love to take part in anything physical such as running or fitness classes. I also love chocolate which is great as Halimah is such a great cook.



## FAMILY COUNSELLOR

Hi, I'm Shannon and I'm the Family Counsellor. I am a Kunjen Woman from the Cape York Peninsula. I have been blessed with the opportunity to work with Aboriginal & Torres Strait Islander families for the past 10 years and fulfill my passion of caring for the wellbeing of our people. I have a three year old girl who is very spirited. Also I love to travel in my spare time. I love trying new foods, however I am not a very good cook.....we leave that to Halimah.



## WHAT'S HAPPENING?



### GUNDALA PLAYGROUP

Indigenous Playgroup for children aged 0-5 years old started at Gundala Kindergarten, 416 Tingal Road, Wynnum. Ph-38932087. It is being held every Tuesday from 9.30-1130am, it is free to attend. Families are encouraged to join up for some fun for the kids and a yarn for the parents.

## SAVE THE DATE NAIDOC EVENTS



Yulu-Burri-Ba are proud to celebrate NAIDOC with the community. Please save these dates to celebrate NAIDOC with us.

Redlands NAIDOC  
Tuesday 9 July 2019  
10AM - 2PM  
@ Capalaba College (Junior Campus)

Goompi NAIDOC Community Day  
Friday 19 July 2019  
10AM - 2PM  
@ Ron Stark oval, Dunwich

Please email [tia.kaden@ybb.com.au](mailto:tia.kaden@ybb.com.au) for stall holder information.

## REDLANDS COAST AMAZING RACE

Celebrate Queensland Youth Week (3-14 April) by taking part in the Redlands Coast Amazing Race. Teams of family and friends are challenged to a giant treasure hunt – just follow the clues to duck around the Redlands Coast mainland. There are great prizes up for grabs! To register your team click this link: <https://yoursay.redland.qld.gov.au/amazingrace>

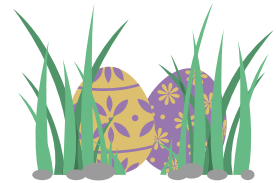


### FIRST FIVE FOREVER

Wynnum Library runs free “First 5 Forever” Children’s programs. They have a babies session for babies aged up to 1 year on Mondays and Wednesdays from 10-30-11am. The library has a Toddler session for 1-2 year olds from 9.30-10am on Mondays and Wednesdays and the Library has a Children’s story time from Tuesday 9.30-10am and Friday-10.30-11am (for kids from 2-5 years).

All sessions are free. Reading is important for speech development, imagination and helps get children ready for school. Children (and adults) can borrow books whilst at the programs plus there are heaps of free activities for families to enjoy including homework help, Harry Potter nights, coding club-give them a call 34032199.

## EASTER EVENTS



Straddie Sharks Annual Easter carnival  
DATE: Saturday 20 April  
TIME: 3PM - 8:00PM  
VENUE: Ron Stark oval, Dunwich

Ride wristbands are available for purchase before event for \$25 or on the day \$30

RIDES | FIREWORKS SHOW |  
FOOD | ENTERTAINMENT  
Call Straddie Sharks for more info: 34099216



# PAIN ISNT ALWAYS OBVIOUS

Know the Signs, Have a Yarn

**Withdrawal**

**FEELING DISCONNECTED**

**INCREASE ALCOHOL OR DRUG USE**

**Reckless  
behaviour**

**Anxiety or  
agitation**

**UNCONTROLLED ANGER, WORRYING**

**TALKING ABOUT BEING A BURDEN TO OTHERS**

**Changes  
in sleep**

**INCREASED TIREDNESS OR IRRITABILITY**

**FEELING HOPELESS, DESPERATE, TRAPPED**

**Sudden  
mood  
changes**

**No  
sense of  
purpose**

**SAYING GOODBYE, GIVING AWAY POSSESSIONS**

No Shame In Talking About Suicide



**Yulu-Burri-Ba**  
Aboriginal Corporation  
for Community Health



# SOLID & DEADLY FAMILIES



Helping our mob, working with our families to support you and your kids

We can connect you up with others that can help, provide in-home support and counselling

GET IN TOUCH

To find out more about how our team can help call 07 3200 4762 for a yarn  
or go to our website [www.ybb.com.au](http://www.ybb.com.au)

Like us on Facebook



Follow us on Twitter



HEALTHY BODIES HEALTHY MINDS HEALTHY SPIRITS

HEALTHY US



# WONTON CHICKEN NOODLE SOUP

Serves 4

## Ingredients

### Soup

- 5 garlic cloves
- 1 tsp black peppercorns
- 4cm piece ginger, roughly chopped
- 2 tbsp vegetable oil
- 2 chicken thighs
- 4 whole star anise
- 6 cups chicken stock
- 3 tbsp soy sauce
- 1 tsp sea salt
- blanched Asian greens e.g. bok choy to serve
- cooked Chinese egg noodles to serve

### Wontons

- 200g (8oz) chicken mince
- ¼ cup finely sliced spring onion (scallions)
- 1 tsp sesame oil
- ½ tsp sea salt
- ¼ tsp ground white pepper
- 1 tbsp water
- 1 tsp corn flour (cornstarch)
- 100g (3.5oz) peeled prawns, roughly chopped
- 20 wonton wrappers

## Instructions

### STEP 1

Use a mortar and pestle to pound the garlic, peppercorns and ginger into a rough paste. Heat oil in a large pot over high heat and fry the paste for 1 minutes or until fragrant. Add the chicken pieces and cook, turning, until golden brown. Add the star anise, chicken stock and soy sauce. Bring to a simmer, then lower heat and gently simmer for 30 minutes.

### STEP 2

In the meantime, make the wonton filling. Place the chicken mince, spring onion, sesame oil, salt, pepper, water and corn flour in large mixing bowl. Mix until well combined and sticky. Then stir through the prawns.



### STEP 3

To form the wontons, place a tablespoon of the mixture onto the centre of a wonton wrapper. Moisten edges with water and fold in half diagonally, ensuring there are no air pockets. Bring one corner of the wonton together to meet the other to form a similar shape to tortellini. Repeat with remaining filling mixture.

### STEP 4

Divide Asian greens and egg noodles among serving bowls.

### STEP 5

Cook wontons in boiling water for 5 minutes or until cooked through. Drain and divide wontons among serving bowls. Strain the stock and ladle over the top.

Recipe from Marion's Kitchen

<https://www.marionskitchen.com/wonton-chicken-noodle-soup>

enjoy!



## 715 HEALTH CHECK

A health check is an examination of your current state of health, carried out by one of our deadly Nurses or Aboriginal Health Workers and Doctor. The aim of the health check is to help find, prevent or lessen the effect of health issues. It's like getting a car serviced before it breaks down. It's better to avoid disease than to treat it.

### What can a health check involve?

- Updating your medical history and examining your health issues
- Performing tests like checking your Blood pressure, blood sugar levels and an eye check
- A follow up if required and referrals to any other health specialists like Dietician, Dentist, and Podiatrist to name a few
- Advice and information on how to improve your health

All eligible clients who complete their health check also receive a Deadly Choice shirt!

Give us a call at one of our clinics to book in for your health check.







## **Significant Aboriginal & Torres Strait Islander dates**

**26 January – Australia Day/Survival Day**

**13 February – National Apology Anniversary**

**15 March – National Close the Gap Day**

**26 May – National Sorry Day**

**27 May to 3 June – National Reconciliation Week**

**3 June – Mabo day**

**1 July – Coming of the Light**

**8–15 July – National NAIDOC Week**

**4 August – National Aboriginal and Torres Strait Islander Children's Day**

**9 August – International Day of the World's Indigenous People**

**5 September – Indigenous Literacy Day**



# LGBTQI+ significant dates of importance

*Yulu-Burri-Ba are strongly committed to being inclusive of all sexual orientations, gender identities and intersex variations, to ensure every member of our community feels safe accepted and valued when they access our services and programs.*

15 Feb - 3 Mar  
Sydney Gay & Lesbian  
Mardi Gras

31 Mar  
Transgender Day  
of Visibility

26 Apr  
Lesbian Visibility  
Day

17 May  
International Day  
Against Homophobia,  
Biphobia, &  
Transphobia

1 - 30 Jun  
Pride Month

14 Jul  
Non-binary  
People's Day

25 Aug  
Wear it Purple

7 - 23 Sep  
Bisexual  
Awareness  
Week

23 Sep  
Celebrate  
Bisexuality Day

8 Oct  
International  
Lesbian Day

8 Nov  
Intersex  
Awareness Day

26 Oct  
Intersex Solidarity  
Day

14 - 20 Nov  
Transgender  
Awareness Week



20 Nov  
Transgender Day  
of Remembrance



# HEALTH EVENT DATES

## APRIL 2019

- Month of April - Parkinson's Awareness Month- Worldwide - Parkinson's Australia
- Month of April - Fabry Awareness Month - Nationwide - Fabry Australia
- 1-5 April - National Advance Care Planning Week - Nationwide - Advance Care Planning Australia
- 1-7 April - Healthy Hips Week - Nationwide - Healthy Hips Australia Ltd
- 14-20 April - Osteopathy Awareness Week - Worldwide - Osteopath Australia
- 17 April - World Haemophilia Day - Worldwide - Haemophilia Foundation Australia
- 28 April-5 May - Heart Week - Nationwide - Heart Foundation

## MAY 2019

- Month of May - Medication Dependence Prevention Month - Nationwide - Script Wise
- 5-12 May - Myotherapy Awareness Week - Nationwide - Myotherapy Association Australia Incorporated
- 7 May - World Asthma Day - Worldwide - Asthma Australia
- 8 May - National Amyloidosis Day - Nationwide - Adam Gardiner Fund INC.
- 11-17 May - ME & CFS Awareness Week - Nationwide - Emerge Australia
- 16 May - Hae Day - Worldwide - HAE Australasia Ltd
- 19-25 May - National Palliative Care Week - Nationwide - Palliative Care Australia
- 20-26 May - Exercise Right Week - Nationwide - Exercise & Sports Science Australia
- 30 May - World MS Day 2019 - Worldwide - MS Australia
- 31 May - World No Tobacco Day - Worldwide - World Health Organisation

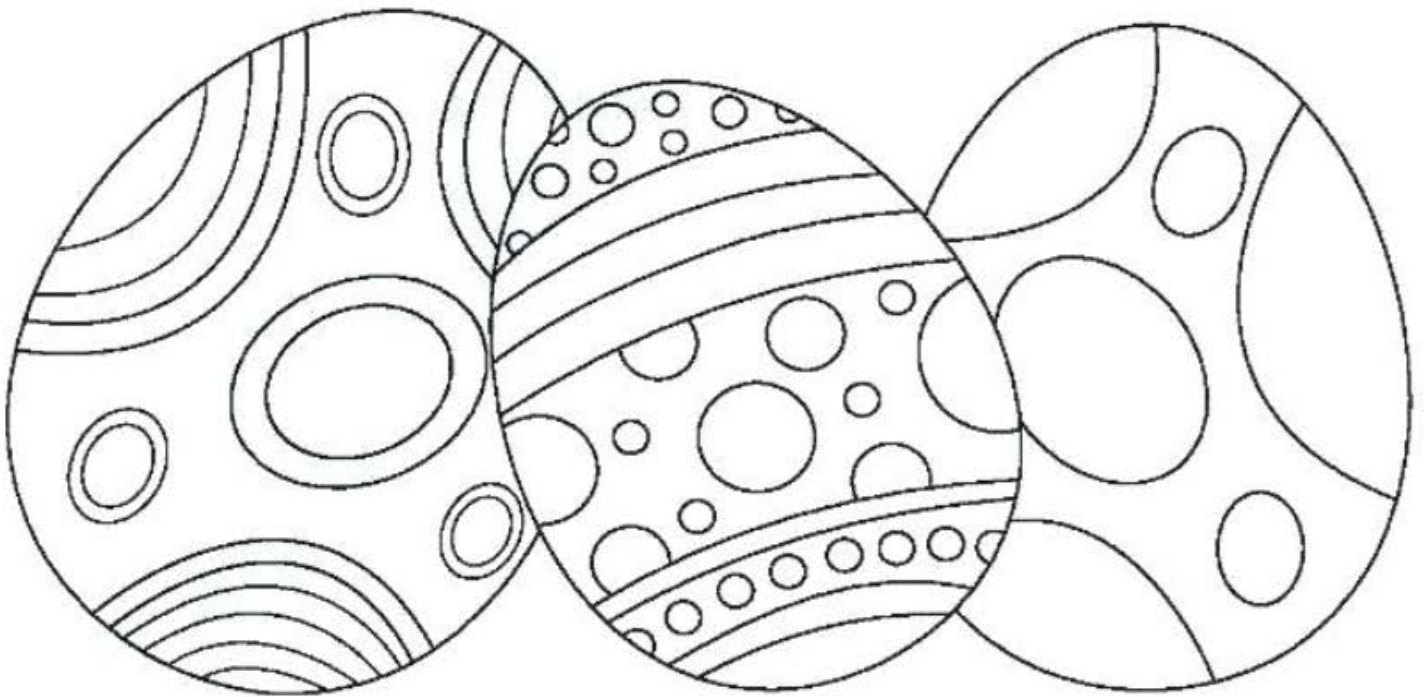
## JUNE 2019

- Month of June - Bowel Cancer Awareness Month - Nationwide - Bowel Cancer Australia
- Month of June - Cancer Research Awareness Month - Nationwide - Cure Cancer Australia
- Month of June - Hip Dysplasia Awareness Month - Worldwide - Healthy Hips Australia Ltd
- 10-16 June - Infant Mental Health Awareness Week Australia - Nationwide - Australian Association for Infant Mental Health
- 19 June - Red Apple Day - Nationwide - Bowel Cancer Australia
- 27 June - PTSD Awareness Day - Worldwide - Australian Resource Centre for PTSD Limited

## EASTER COLOUR-IN

HAPPY

EASTER





# WHERE CAN I FIND YULU-BURRI-BA?



## DUNWICH

16 DICKSON WAY,  
DUNWICH QLD 4183  
(07) 3409 9596



## CAPALABA

SHOP 2/1 FINUCANE ROAD  
CAPALABA QLD 4157  
(07) 3900 7800



## WYNNUM

85 EDITH STREET,  
WYNNUM QLD 4178  
(07) 3245 2666

## OPENING HOURS

### DUNWICH

M: 7:30AM TO 4:30PM  
T: 7:30AM TO 4:30PM  
W: 7:30AM TO 4:30PM  
T: 7:30AM TO 4:30PM  
F: 7:30AM TO 4:30PM

### CAPALABA

M: 8:30AM TO 4:30PM  
T: 7:30AM TO 4:30PM  
W: 8:30AM TO 4:30PM  
T: 8:30AM TO 4:30PM  
F: 8:30AM TO 4:30PM

### WYNNUM

M: 8:30AM TO 4:30PM  
T: 7:30AM TO 4:30PM  
W: 8:30AM TO 4:30PM  
T: 8:30AM TO 4:30PM  
F: 8:30AM TO 4:30PM

*Let your smile change the world*  
BUT DON'T LET THE WORLD CHANGE  
YOUR SMILE.



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