



# NEWSLETTER



MARCH - MAY

## Welcome from Zig Zag

**Hello and welcome to our very first community newsletter! We're so glad you're here.** Firstly, let us tell you about our organisation: Zig Zag is a not-for-profit organisation offering housing and sexual violence support services for young women, trans and gender diverse young people aged 12-25.

Our services include counselling, information, case management, advocacy, brief intervention and group work. Zig Zag provides a place of healing, support, social action and change and we are committed to working alongside young people, firmly holding the belief that they are the experts in their own lives.



IN THIS EDITION...

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## Windsor Community Centre Bookings



SCAN TO LEARN MORE & TO BOOK

The Windsor Community Centre (WCC) is managed by Zig Zag, a welcoming space available for hire by community groups, not-for-profits, schools, businesses, and council or government groups running events that promote inclusion, support and community wellbeing.

### The hall is suitable for:

- Community events & workshops
- Support groups & meetings
- School & youth programs

Interested in hiring the hall? Get in touch by visiting our website or using the QR code



Come visit us!

WHAT'S ON



# Open arvo

29 APRIL 2026  
3pm - 5pm

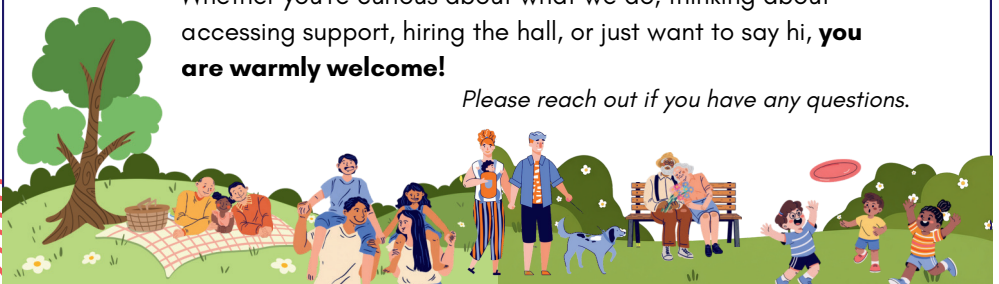
Windsor Community Centre

We're opening our doors for a relaxed 2-hour afternoon so you can meet some of us at the Zig Zag team, learn about our services, and see the Windsor Community Centre for yourself.

Come hang out under the grandiose fig tree, enjoy a warm cuppa, and join in some lawn games the perfect way to spend a cooler autumn afternoon.

Whether you're curious about what we do, thinking about accessing support, hiring the hall, or just want to say hi, **you are warmly welcome!**

*Please reach out if you have any questions.*



## WHAT'S ON

### Parents & Caregivers Info Night

Are you the parent or carer of a young person who has experienced sexual violence? Join Zig Zag, for Parents and Carers Information Night to learn more about supporting your loved one.

RSVP required. Please email [referrals@zigzag.org.au](mailto:referrals@zigzag.org.au) or call 07 3843 1823 to attend.

**22 APRIL 2026**

**5:30pm - 8pm**

Windsor Community Centre

### Free Yoga Classes

**MONDAYS**

**10:30 am | 1 hr**

Windsor Community Centre

During school terms, focus on a range of movements for active, healthy ageing and to relax the mind and body. Stretching, breathing, strength and balance exercises are included by incorporating standing poses and mat work into the session.

No bookings required, please bring your exercise mat. For more information phone Ellen on 0402 901 358.



# COMMUNITY BOARD

**Have a free community event to share?**

Email us at [info@zigzag.org.au](mailto:info@zigzag.org.au) with the subject line: Community Notice Board



**World Wellness Group** is running an 8-week group for multicultural seniors to create new connections, learn new skills and improve their wellbeing.

**Zillmere Community Centre**

23 April - 11 June 2026

10AM - 1PM

For more information reach out to:

[seniorsconnect@worldwellnessgroup.org.au](mailto:seniorsconnect@worldwellnessgroup.org.au)



# Moments at WCC



**Cr Andrew Wines** addressing the **Windsor Probus Club** at one of their meetings held at the Windsor Community Centre.



**Queenslanders with Disability Network (QDN)** Emerging Leaders Program launch was full of collaboration, connection and community for 25 people with a disability and QDN staff. To find out more or become a member: [qdn.org.au](http://qdn.org.au) or [peersupport@qdn.org.au](mailto:peersupport@qdn.org.au)

## Share your ideas

We're listening and we'd love to hear from you.

Scan the QR code or visit:

[zigzag.formstack.com/forms/wcc\\_ideas](http://zigzag.formstack.com/forms/wcc_ideas)



You can:

- share what you would like to see happen at the Centre
- tell us how you would like to use the space
- sign up for community updates and newsletters

Your ideas will help guide what happens at Windsor Community Centre in the future.



**Stay in touch**

### Zig Zag

Windsor Community Centre  
57 Grafton Street, Windsor  
07 3843 1823 - [info@zigzag.org.au](mailto:info@zigzag.org.au)

