

Welcome

Harmony WEEK

Everybody belongs
on the Sunshine Coast

16-22 March 2026



Join in the Harmony Week activities and events held across the Sunshine Coast.

Experience, explore and appreciate our cultural diversity.

For more information visit sunshinecoast.qld.gov.au/harmonyweek

Acknowledgement of Country

Sunshine Coast Council acknowledges the **Kabi Kabi and Jinibara peoples** as the Traditional Custodians of this region and pays respect to Elders past, present and emerging. We acknowledge the vital cultural, spiritual, social and economic role Aboriginal and Torres Strait Islander people play within our wider community.

Sunshine Coast Cultural Diversity

The Sunshine Coast is proudly home to people from across the world. One in five residents were born overseas, representing a rich diversity of languages, cultures and traditions.

Discover the cultural diversity of your suburb using the **SBS Australian Census Explorer**.

Shine a Light on Racism – Saturday 21 March

Harmony Week includes the International Day for the Elimination of Racial Discrimination on 21 March — a day to stand together for respect, inclusion and a community where everyone belongs.

Shine a Light on Racism this Harmony Week and **Take the Pledge** to be an active bystander. Learn how you can help build a community where everyone feels safe, respected and included.



Community Activities

Harmony Week at Library+ Caloundra

Discover Sunshine Coast's Multicultural Heritage Online



**HaRmony
WEEK**

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Community Activities

Experience Harmony Week across the Sunshine Coast with a great mix of community-led events celebrating culture, creativity and connection. From shared meals to music, movement and hands-on workshops, these activities bring people together and showcase the diversity that enriches our region. Join in, get involved and celebrate the spirit of Harmony Week—where everyone belongs.

Sahaja Yoga Meditation

Hosted by Vishwa Nirmala Dharma Australia

When: Tuesday, 17 March, 5.30-7.30pm

Where: Kawana Island Meeting Place,
5 Grand Parade, Parrearra QLD 4575

AND

When: Wednesday, 18 March, 12.00-1.00pm
Friday, 20 March, 6.00-7.30pm

Where: Peregrine Beach Community House,
5-7 Rufous St Peregrine Beach

Cost: Free event

Experience Sahaja Yoga Meditation, a gentle practice that nurtures inner peace, joy and a sense of oneness with others. Guided by experienced volunteers, participants learn simple techniques to calm the mind, reduce stress and support wellbeing. Light traditional music and singing enhance the session, creating a warm, uplifting atmosphere. Practiced in more than 100 countries, this meditation promotes harmony, connection and belonging. Everyone is welcome to attend and learn.

Bookings not required

Community Choir Concert

Hosted by Vocal Kin Choir

When: Wednesday, 18 March, 6.30-7.00pm

Where: Woombye School of Arts,
1/3 Hill St, Woombye

Cost: Free event

Join the Vocal Kin choir (previously known as New World Rhythm choir) for an uplifting performance celebrating unity through music. Enjoy Harmony-themed songs performed from the porch of the Woombye School of Arts, with space for the community to gather and listen. This joyful half hour musical experience promotes connection, belonging and celebration through the shared language of song. Bring a chair if required.

newworldrhythm.net

Bookings not required



Herbs of the Amazon

Hosted by Karina Ruiz Serkovic

When: Thursday, 19 March, 10.30am-12.00pm

Where: Coolum Civic Centre, 2 - 4 Park Street,
Coolum Beach

Cost: Free event - register

Explore the cultural origins of Amazonian herbs and their links to everyday Australian products. This interactive workshop invites participants to see, touch and smell raw herbs while learning how they grow, their traditional uses and their cultural significance.

Visual storytelling brings the Amazon rainforest to life, creating a respectful space for connection and learning. Presented by a South American community member, the workshop celebrates cultural heritage and encourages curiosity, understanding and belonging during Harmony Week.

naturamed.com.au

Register here

Many Cultures, One Table

Hosted by Mooloolah Valley Community Association

When: Thursday, 19 March, 11.00am-2.00pm

Where: Mooloolah Valley Community Hall,
47 Bray Rd, Mooloolah Valley

Cost: Free event

Share a welcoming community meal that celebrates the many cultures of the Sunshine Coast. Many Cultures, One Table brings neighbours together through food, conversation and connection, strengthening community bonds and celebrating the diversity that enriches our region.

This relaxed gathering promotes healthy eating, cultural exchange and the simple joy of sitting together at one table—reflecting Harmony Week's message that everyone belongs.

[Mooloolah Valley Community Association](#)

Register here

Cross Cultural Crafting

When: Thursday, 19 March, 11.30am-2.00pm

Where: Shop 5, 35 Swan Street, Beerwah

Cost: \$40

Hosted by Hana Banh Mi and The Flourish Connection

Celebrate Harmony Week with a creative workshop led by Hana Banh Mi and The Flourish Connection. Enjoy Vietnamese food while painting a traditional Vietnamese conical hat (Nón Lá). This hands-on session brings people together through creativity, culture and conversation, offering a welcoming space to learn about Vietnamese traditions and connect with others. A vibrant and inclusive activity that celebrates diversity and belonging.

[The Flourish Connection](#)

[Hana Banh Mi](#)

To book call: 0410 038 887

Laughing in Harmony

Hosted by Po Mei Kwong

When: Sunday, 22 March, 10.00-11.00am

Where: Buderim Village Park,
2 King Street, Buderim

Cost: Free

Laughing in Harmony brings people together through joyful, guided fun games and laughter activities. Open to all ages and all abilities, this uplifting workshop creates an easy space to connect, unwind and enjoy the moment. Laughter naturally releases feel-good hormones, supporting wellbeing, openness and joy. Together, we rediscover laughter as a universal language and it unites us across cultures and backgrounds. Participants rediscover the power of laughter to create belonging, strengthen community and spark positivity.

[Po Mei Coaching](#)

Book online here



Kidz Salon - exploring the wonder of being a child

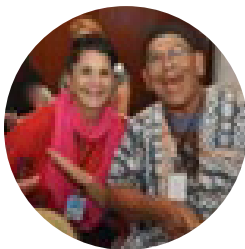
Hosted by Tribal Wave

When: Friday, 20 March, 4.00-5.00pm

Where: Cotton Tree Park,
Cotton Tree Parade, Maroochydore

Cost: Donation

Kidz Salon invites children and parents to explore movement, rhythm and creativity through dance and drumming. Led by Rashid on drums and Dommi in dance, this lively workshop encourages play, connection and cultural expression in a welcoming environment. This activity celebrates the joy of childhood and the shared rhythms that bring people together.



Bookings not required

Harmony for Homeschoolers

Hosted by Mudjimba Community Hall

When: Monday, 16 March, 1.00-3.00pm

Where: Mudjimba Community Hall,
41 Cottonwood street Mudjimba

Cost: Donation

Celebrate Harmony Week through the Gurrtu Game, a playful way to learn about moiety, kinship and totems. This engaging two-hour session invites homeschool families to explore cultural knowledge through movement and guided activities, followed by a BYO shared lunch and a special Bunya Feast prepared by parents. The workshop promotes connection, cultural learning and belonging while honouring First Nations knowledge systems.

[Mudjimba Community Hall](#)

Book online here



HARMONY WEEK

Table Tennis Business Challenge 2026

Hosted by Sunshine Coast Table Tennis Society

When: Friday, 27 March, 5.00-9.00pm

Where: Aussie World,
1 Downunder Drive, Palmview

Cost: \$99 per team

Bring your colleagues for a fun and social evening of friendly competition at the Table Tennis Business Challenge. Workplace teams compete for the title of Sunshine Coast Business Champions while enjoying light networking and community connection. No experience is needed—just enthusiasm and teamwork. This Harmony Week event celebrates diverse workplaces and the way sport brings people together, building relationships and belonging across the region.

[Sunshine Coast Table Tennis Society](#)

[Register online here](#)



Harmony Cup 2026 (MultiCulti Cup)

Hosted by Multicultural Sports QLD

When: Saturday, 21 March, 10.00am-4.00pm

Where: Buderim Wanderers Football Club,
177 Ballinger Rd, Buderim

Cost: Free

The much-loved Harmony Cup returns as a vibrant mixed seven-a-side football tournament celebrating culture, teamwork and community connection.

This one-day event brings together multicultural communities from across the Sunshine Coast for a day of football, music, food and shared celebration.

The MultiCulti Cup showcases unity on and off the field, reinforcing the message that everyone belongs. A high-energy, inclusive event where sport becomes a powerful platform for harmony, participation and pride.

[Queensland Multicultural Sport](#)

[Team Managers register here](#)

[Players register here](#)



Harmony Day Event & Launch of Sunshine Coast Multicultural Community Council

Hosted by Sunshine Coast Multicultural Community Council

When: Saturday, 21 March, 10.00am-4.00pm

Where: Buderim Wanderers Football Club,
176 Ballinger Rd, Buderim

Cost: Free

Celebrate diversity and connection at the Sunshine Coast Multicultural Community Council's Harmony Day event and launch. Enjoy cultural performances, community stalls, and opportunities to connect with groups contributing to a vibrant and inclusive Sunshine Coast.

This event brings people together to learn, share, and celebrate the cultures that enrich our community. The program will include a Welcome to Country, cultural performances, workshops, children's activities, and a community marketplace, creating a welcoming space for cultural groups, local businesses, and volunteers to engage with the wider community.

[Sunshine Coast Multicultural Community Council](#)

Bookings not required

Who Are We? Sunshine Coast Community Conversations

Hosted by Diverse QLD Workforce and the University of the Sunshine Coast

When: Tuesday, 24 March, 4.00-6.00pm

Where: Art Gallery UniSC Sunshine Coast,
90 Sippy Downs Drive, Sippy Downs

Cost: Free

The Sunshine Coast is a multicultural community: Is it a concept or a reality? Are we really a welcoming community? How can we improve integration? What are the challenges faced by recently arrived migrants? How can migrants learn from First Nations People?

Bookings not required



Harmony Week at Library+ Caloundra

Celebrate Harmony Week at Library+ Caloundra with a fun program that brings cultures together. Enjoy exciting movement, the sound of the didgeridoo, lively dancing, and the energy of a drum orchestra. Join us as we celebrate diversity through shared culture, music, and movement.

Where: Library+ Caloundra, 1 Omrah Avenue

Kalari Sword Yoga | Harmony in motion

Hosted by Kalari Healing

When: Tuesday 17 March, 10.00-11.30am

Where: Library+ Caloundra, 1 Omrah Avenue

Cost: Free

Discover a unique blend of mindfulness and movement with a special Kalaripayattu martial flow demonstration this Harmony Day. Guided by expert instructor Lalita Yagnik, this dynamic practice draws from ancient South Indian martial arts. It integrates grounded movement, breath, coordination and traditional weapons including swords and staffs to explore balance, focus and inner strength. Celebrate connection, wellbeing, and cultural harmony through this captivating display.

Following the demonstration, attendees will have the opportunity to participate and explore some of the movements firsthand.

Book online: Sunshine Coast Libraries

Didgeridoo Experience | Connecting people and place

Hosted by Darren Smith

When: Saturday, 21 March, 9.00-10.00am

Where: Library+ Caloundra,
1 Omrah Avenue

Cost: Free

Music has the power to bring people together across cultures and generations. This Harmony Day, experience the deep, resonant sounds of the didgeridoo performed by talented First Nations musician Darren Smith. Celebrate culture, connection and community with this vibrant expression of Aboriginal heritage.

Drop in - bookings not required

 **Sunshine Coast**
COUNCIL

Library+



Yin Dance and Movement | Find Your Flow

Hosted by RAWR Studio

When: Saturday, 21 March, 10.30am-12.00pm

Where: Library+ Caloundra, 1 Omrah Avenue

Cost: Free

Awaken joy, freedom, and connection through movement this Harmony Day. Join Abby from Rawr Studio for an immersive dance experience that is suitable for absolutely every level. Let the beats move you and feel your body come to life. Boost your confidence in this nurturing and invigorating free session.

Learn more about [The Inbodied Woman](#)

Book online: Sunshine Coast Libraries



Conversation Circles

Hosted by Sunshine Coast Libraries

When: Every Tuesday (Library+ Caloundra) and
Every Wednesday (Maroochydore)

Time: 12.30-2.30pm

Cost: Free

Meet new people, practise everyday English, and build confidence in a relaxed, welcoming group. Conversation Circles are fun, informal sessions for adults from non-English speaking backgrounds who want to chat, learn, and support each other along the way. Everyone is welcome - join in today!

Learn more: [here](#)

Drop in - bookings not required



Drum Orchestra and Dance: A taste of Kerala

Hosted by Sunshine Coast Malayalee Association

When: Saturday, 21 March, 12.30-1.30pm

Where: Library+ Caloundra,
1 Omrah Avenue

Cost: Free

Experience the vibrant cultural heritage of Kerala with the Sunshine Coast Malayalee Association (SMA) at Library+ Caloundra this Harmony Day. Enjoy the powerful rhythms of the Chenda Melam (Kerala drum orchestra), be captivated by Thiruvathirakali (an elegant Kerala traditional dance performance) and admire a stunning display of traditional Kerala dress.

Contact the [Sunshine Coast Malayalee Association](#)

Drop in - bookings not required



Discover Sunshine Coast's Multicultural Heritage Online

To mark Harmony Week, we invite you to explore a special online heritage program sharing stories of migration, labour, enterprise and community—from the region's earliest settlers to more recent arrivals.

Highlights include:

- Australian South Sea Islanders and their contribution to early sugar cane industries
- Stories of British, Scottish, Finnish, Italian and Greek migrants
- Accounts of Italian prisoners of war, post-war settlement, and naturalisation
- Rare photographs, films and personal memories that reflect resilience, hardship and community life on the Sunshine Coast

Start exploring [online here.](#)

Together, let's celebrate what unites us—our shared history, our diverse cultures, and our sense of belonging.





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