



December 2016

Its starting to feel alot

like...

CHRISTMAS!



We've all been told that Christmas 'Tis the season to be jolly' but for some, Christmas 'Tis the season to be ... gloomy?'

Feeling lonely around Christmas time? You're not alone! with cheery songs, festive parties, gifts and good wishes, many lonely people are crying on the inside.

Guy Winch Ph.D from *Psychology Today* has written an article called '10 Surprising facts about loneliness', It literally details some 'surprising facts' about loneliness that not many people are aware of, such as:

- **More than 60% of lonely people are married.**
- **Loneliness is contagious in social networks.**
- **Chronic loneliness significantly increases our risk of cardiovascular disease.**
- **Loneliness is as dangerous as cigarette smoking.**

If you feel that a relative/friend is feeling lonely this Christmas, make them feel wanted. You'll be surprised how a hug and a good chat can make someone feel better.

For the full article, please click on link below.

about-loneliness201410/10-surprising-facts-com/blog/the-squeaky-wheel/https://www.psychologytoday.



Just a reminder...

We will be closed for all bookings from

**Friday 23rd December
2016**

The clinic will re open

Tuesday 3rd January

2017

Individual practitioner holiday dates

Natalie: Friday 23rd December - Tuesday 3rd January 2017

Trudy: Wednesday 14th December - Tuesday 3rd January 2017

Pamela: Thursday 22nd December 2016 - Wednesday 11th January 2017

Donn: Thursday 22nd December 2016 - Wednesday 11th January 2017

Please note that Reception will only be closed from Friday 23rd December - 3rd January 2017 so you can still make bookings and general enquiries before and after these dates.

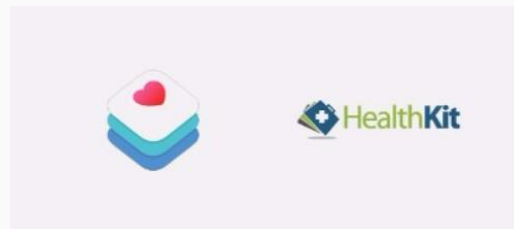
**ONLINE BOOKINGS
NOW AVAILABLE
With
HealthKit**

Each of our providers has their own link on our website

www.dropoflife.com.au

or click on the link below and get started

<https://www.healthkit.com/find-a-practitioner-step-one>



Benji's Tip

Happiness
isn't getting all
you want. It's
enjoying all
you have.



This month we will be hosting a **GUESSING GAME**.
If you would like to enter, please see Jasmine at reception.
The winner will be announced next month and will receive the **WHOLE JAR** of
gummy bears... YUMO!



We'd like to thank each and every one of you for making this year so
special.



We hope you all have a very
MERRY CHRISTMAS
and a
FABULOUS
NEW YEAR
See you in 2017.



NATALIE TURVEY

Natalie Turvey is a registered psychologist and Clinical Hypnotherapist. She has over 16 years' experience in a wide range of settings such as Adult Mental Health, school leavers, child safety, forensic psychology, disabilities, and child and adolescent mental health.



TRUDY GOSCH

Trudy Gosch is an Accredited Mental Health Social Worker and Accredited Youth Mental Health First Aid Instructor who has been working in the field of Child, Youth and Family Mental Health for the past 11 years. Trudy works with the broad spectrum of mental health concerns including depression, anxiety, grief and loss, trauma resolution, attachments and relationships, self-esteem and identity.



PAMELA HARDING

Pamela Harding is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities. Pamela works extensively with adults, children, adolescents, and families. She is an IABA (Institute for Applied Behaviour Analysis) trained clinician and has extensive experience working with clients with disabilities.



DONN TANTENGO

Donn Tantengco is a generalist psychologist. He has worked across a variety of settings. His experience includes providing counselling under employee assistance and Veteran Services arrangements. He is experienced in working with clients to address presenting issues such as anxiety, depression, grief and loss, relationship difficulties, adjustment, and coping with trauma/PTSD. In addition to working with clients individually, he also enjoys working within a couples/family framework and has a special interest in these approaches.



JASMINE SLATER

Our friendly Administration Officer Jasmine is always here to help.



LOUISE DEMPSEY

Our friendly Administration Officer Louise is currently away on maternity leave and will be back at Drop Of Life early October 2016.



BENJI THE GREAT

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement. He is 3 year old (which is a mature 28 in doggy years!) and has been working in the clinic since he was 6 weeks old.