



May 2017

Feel Mindful in May



What is Mindful in May?

Mindful in May is a one month, online meditation training program that teaches science based mindfulness meditation tools to busy people, who want to feel less stressed and experience greater happiness and flourishing in life.

Along with learning tools to transform your own life for the better, you're invited to contribute to a greater global cause through donating or fundraising to transform the lives of others living in poverty. Donate or fundraise to bring the gift of clean, safe drinking water to the 1 in 10 people on the planet who

struggle daily without access to this most basic human need.

Whether you are brand new to meditation or just needing some motivation to get back on track, the Mindful in May online program will offer you powerful tools and teachings to transform your mind and life towards greater happiness and effectiveness at home and at work.

Reference: <http://www.mindfulinmay.org/>

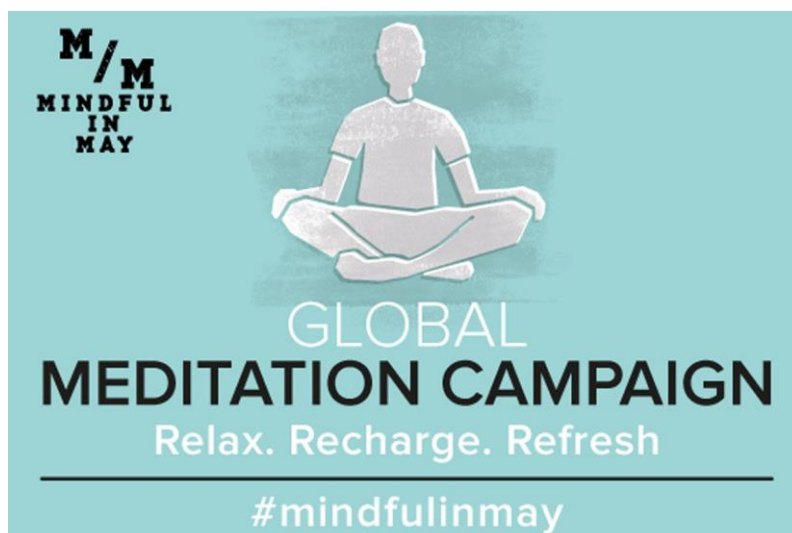
Interested? Click the links below to get started...

[Register Now](#)

[Donate Now](#)

Or for more information.....
Visit the website below

[Mindful in May](#)



ALSO IN MAY

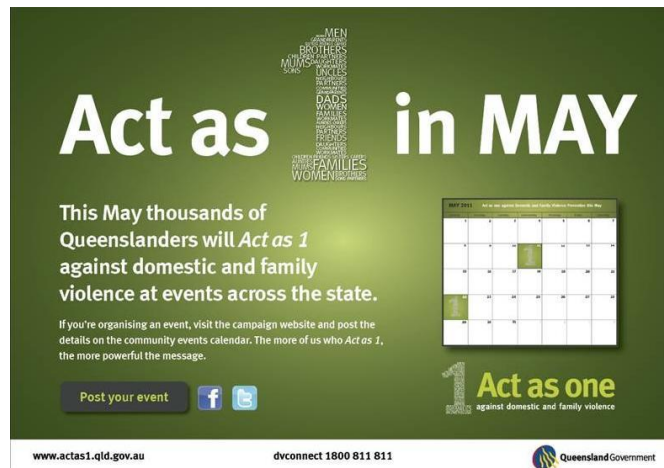
Domestic and Family Violence Prevention Month

Domestic and Family Violence Prevention Month is an annual event held each May to raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected. The key aims of the month are to:

- raise community awareness of domestic and family violence and its impacts;
- promote a clear message of no tolerance of domestic and family violence in Queensland communities;
- ensure those who are experiencing domestic and family violence know how to access help and support;
- encourage people who use abuse and/or violence to take responsibility for their abusive behaviour and seek support to change.

For more information about Domestic and Family violence prevention or you would like to get involved



please click on link below




Act as 1 in MAY

This May thousands of Queenslanders will *Act as 1* against domestic and family violence at events across the state.

If you're organising an event, visit the campaign website and post the details on the community events calendar. The more of us who *Act as 1*, the more powerful the message.

Post your event  

1 Act as one
against domestic and family violence

www.actas1.qld.gov.au [dvcconnect 1800 811 811](tel:1800811811) 

Domestic Violence Prevention Centre Gold Coast



INTRODUCING
OUR
NEWEST
MEMBERS
TO THE

DROP OF LIFE

TEAM



CLAUDINE LOMBARD

Psychologist

Claudine is a Masters-trained psychologist with more than 15 years experience working across government and non-government services delivering integrated and coordinated care and services for children, young people and families with complex needs. She has provided therapeutic interventions for a range of presentations including anxiety (fear and phobias), depression, relationship and family issues, behavioural problems, substance abuse, psychosis, and self-harm and suicidal thoughts.

She also has experience administering and interpreting cognitive assessments. Claudine is committed to client-centred, strengths-based and collaborative approaches and feels strongly that better outcomes are made possible by working together.



BETHANY SCHEMBRI

Administration

Bethany was born in England and moved to the Gold Coast in 2010. After completing high school, Bethany decided to do a Diploma of Communication and then a Bachelor of Psychological Science.

In her spare time, Bethany likes to read and spend time with her family and friends.

A tip from

Benji



Visit our...



Our team at Drop Of Life have been gathering information from their learning and experience and have brought it to the practice. To tease out years and years of knowledge is tough and as a result, the disclaimer of our blogs are that some are our formulations of what works and some are other people's information and learning that we admire and agree with.

We have been tackling subjects such as:

- Why we love Sheldon Cooper from The Big Bang Theory?
- When Children Lie.
- A message to parents and carers about the importance of caring for yourself.
- "Have 3x30 daily and call me in the morning"
- How Can I Manage Stress?
- Grief and loss in children with intellectual disabilities.
- What do woman really want?
- Conforming to the norm.
- The arrival of the new baby and adjusting to parenting.
- Therapy with kids and teens.
- Depression.
- The tough teen years.
- How to teach your children Emotional Intelligence.

If you are interested in reading more about these topics or would like to subscribe to our blog, please click link below.

[Drop Of Life Blogs - Please Click Here](#)

Continuing on with.....



In light of Jasmine's pregnancy announcement, this months competition will be....

GUESS THE

GENDER

Please see Jasmine at reception for more details.



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www.dropoflife.com.au

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