

## *The new year has begun! What's happening at our place..*

### **HAPPY BIRTHDAY BENJI**

Benji is turning the BIG 3 this month, which means he's exactly 25 in doggy years! Our gorgeous Benji will be celebrating his birthday relaxing and sleeping on the couch in Natalie's room.

Be sure to give this gorgeous pooch a big pat for his birthday (he will be expecting one).



## **OneDay to Conquer Cancer**

Will you be part of the movement that helps fund new ground-breaking cancer research and treatment? Ride or Walk with our community of thousands of men and woman in OneDay to Conquer Cancer benefiting Royal Brisbane and Woman's Hospital. The OneDay is the most meaningful challenge you will ever take on. It's not just for fitness enthusiasts – it's for anyone with the will to make a difference

**AUGUST 20, 2016 1300 584 655**

**[COACHES@THEONEDAY.ORG.AU](mailto:COACHES@THEONEDAY.ORG.AU) PO BOX 15591, CITY EAST, QLD 4002**

Come join Natalie and participate in the OneDay To Conquer Cancer Ride or Walk on 20<sup>th</sup> August 2016.

If you aren't available to participate, please feel free to donate.  
Donation form attached.

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# Pay it forward

*Make the world a little kinder  
(here's some ideas for spreading kindness)*

Buy coffee for the next person in line \* Write a thank you note to someone \* Send an anonymous gift to a friend \* Leave flowers on your neighbour's doorstep \* Pay for someone's meal at a café \* Place chocolates on a work colleagues desk \* Buy someone a ticket to an event \* Bake delicious cake & leave it at work \* Pay for someone's petrol \* Leave your favourite book in public \* Drop movie vouchers in a letterbox \* Write a kind note to the waiter \* Top up someone's parking meter \* Smile and say hello more often.

## Benji's Tip



**Keep in the positive zone! Transforming negative experiences into positive ones will help improve your mindset.**

## Competition Time

As you know our Receptionist Louise is Pregnant. She needs help with names for her baby girl.

If Louise picks the name you choose, you will receive a little something special from us. GUESS AWAY..



# Drop of Life Team



## **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.



## **LOUISE DEMPSEY**

Our friendly Administration Officer Louise is always here to help.



## **BENJI THE GREAT**

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement. He is 2 1/2 year old (which is a mature 25 in doggy years!) and has been working in the clinic since he was 6 weeks old.