

Drop of Life Newsletter

November 2015



-Morgan A.

A NEW BABY IS LIKE THE BEGINNING OF ALL THINGS -
WONDER, HOPE, A DREAM OF POSSIBILITIES.

- EDA J. LE SHAN

New Beginnings

This month's Newsletter is themed New Beginnings in honour of our gorgeous receptionist Louise who is proudly expecting her first baby! Congratulations Louise to you and Dane.

A thought from Trudy...

When Natalie was talking about this latest newsletter and thoughts around new beginnings my mind started ticking over. New beginnings prompts thoughts of spring time, birth, rejuvenation and fresh starts. We often associate a new year with new beginnings and resolutions that reflect our desire to live differently, make different or better choices and take positive action. I put to you that each day, each hour offers us the same opportunity for a fresh start and a new beginning. Many of us are skilled procrastinators, we'll start

that diet next week, we'll action that task tomorrow

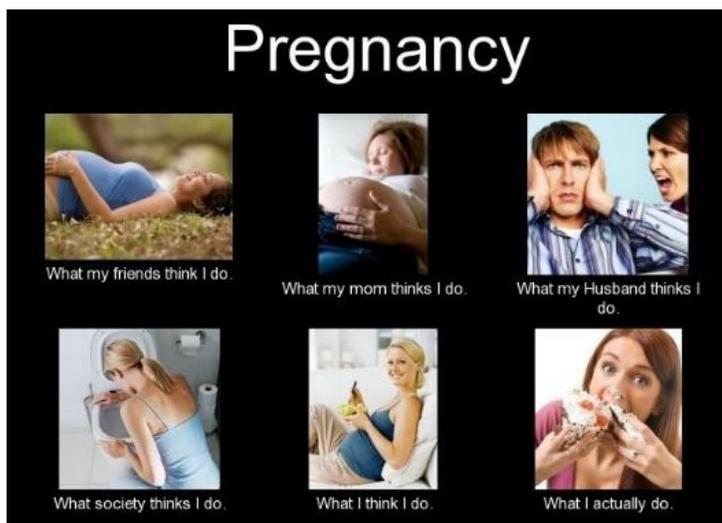
(confession time, I had every intention of writing this piece some days ago) and we are equally skilled at justifying the delay, rationalising the procrastination and living with the

discomfort that procrastination that bring. The flip side of this state is action. Action brings a sense of satisfaction and achievement, a relief of sorts. These are the bonuses that accompany actioning the task, making healthy choices and living the life we want and deserve. So consider this, when will you action your new beginning.



Thank you from Louise

I just want to say a big **THANK YOU** to all our beautiful clients here at Drop of Life for all the well wishes I have been receiving in regards to my pregnancy. I also want to say thank you for all the lovely (and not so lovely) descriptions and advice that has been given about pregnancy, child birth and the early baby stages. I have my 20 week scan next week and we are very excited to see how bub is doing and what sex we are expecting. So again, I thank you all for the wonderful words and support through this scary but very exciting time in our lives. Words cannot describe how appreciative we are of all of you.



Welcoming Pamela to our Team

Pamela is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities.



Pamela uses a strength based approach in her work with clients assisting them to gain strategies through the use of evidence-based therapeutic interventions. These include Cognitive Behaviour Therapy, Acceptance

and Commitment Therapy, Solution Focussed Brief Therapy, Systemic Family Therapy and Behavioural interventions.

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.

It's Competition Time!!

Last month's Fish naming competition was a success with an amazing amount of kids and adults participating with 'Nemo' being the most popular name.

This month's competition is 'How many **Jelly Beans** in the jar' winner gets to take the jar full of jelly beans home. We had to tape the lid shut as an amazingly large amount of people tried to eat our competition!

Benji's Tip

When life brings
big winds of change
that almost blow you over...
close your eyes,
hang on tight,
and **BELIEVE.**

