

Connection. Community. Purpose.

Creating safe, inclusive and
empowering support spaces
for participants and families.

NEWSLETTER
APRIL/MAY 2025



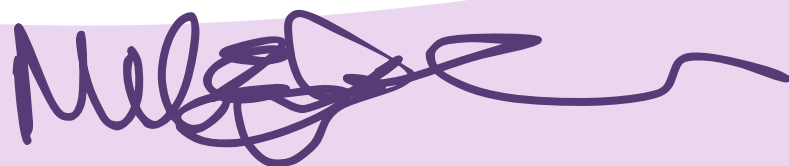
A Message From Melissa

Thank you to our amazing participants, families and especially our team, for another month filled with connection, growth and meaningful impact.

We continue to focus on building stronger communities, creating opportunities and supporting people to live the lives they choose.

Together, we can achieve so much more.

With gratitude,

A handwritten signature in purple ink, appearing to read 'Melissa', with a long, flowing tail.

Director



SENSAS Melbourne Experience/ Thrive Together Geelong EXPO

FEAUTURED
STORY/ EVENTS

Sensas Melbourne Experience:

On March 26th Participants and staff visited SENSAS Melbourne for an interactive sensory experience focused on teamwork, communication, and stepping outside comfort zones. The day was filled with laughter, connection, problem-solving, and memorable moments that encouraged confidence building and social engagement in a fun and supportive environment.

Thrive Together Geelong Expo

The Thrive Together Geelong Expo was an amazing opportunity for 4 Reasons Disability Services to connect with the community, meet other providers, and share meaningful conversations around safe and inclusive support. Hosted by Peak Care Services, the event was filled with positivity, connection, and engagement, allowing us to showcase interactive activities while building new relationships within the sector and local community.



Awareness, Education & Support Tools

Awareness Day: April & May

07/04/2026– World Health Day

16/04/2026– World Voice Day

25/04/2026– ANZAC Day

10/05/2026– Mother's Day

15/05/2026– International Day of Families

26/05/2026– National Sorry Day

Education & Support Tools

This month we focused on simple, practical tools that support emotional regulation, self-awareness, and mental wellbeing.

Our “Pause Before Reacting” and “Box Breathing” resources were created to encourage grounding, reflection, and calming strategies that people can use in everyday life.

These resources, along with more educational tools and support content are available on our **Pinterest page**, with more still to come as we continue expanding our mental health and wellbeing resources online.

Mental Health Calendar

2026 APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

2026 MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Pinterest Page



PAUSE BEFORE REACTING

A simple tool to respond, not react



FEEL IT

Notice what you're feeling.
(anger, frustration, anxiety, etc.)



PAUSE

Take a breath before responding.
(3-5 seconds is enough)



THINK

Ask yourself: "What's the best way to respond here?"



RESPOND

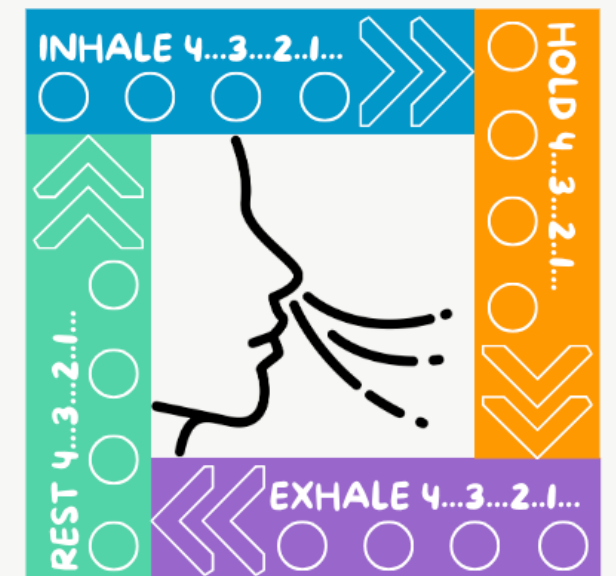
Choose your action calmly. Not in the heat of the moment.

A pause can change everything.



BOX BREATHING

Use this breathing technique to release stress



Repeat for 3-5 Minutes, or until you feel calmer.



Celebrating Small Wins

This month we celebrate Kirsten for reaching her 1-year milestone with 4 Reasons Disability Services. Thank you for your ongoing dedication, support, and care towards our participants and team throughout the past year. 💜

We would also like to warmly welcome Denaye to the 4 Reasons family. We are excited to have you join the team and look forward to the positive impact you will have while supporting our participants and community. ✨

A huge congratulations to Cass from Love Ability Creation for opening her very first market stall and making her first sale!

This is an incredible achievement and a meaningful step towards confidence building, creativity, independence, and community engagement. We are so proud to see Cass sharing her talents and pursuing something she is passionate about.



1 Year!!



Welcome Denaye!



Congrats Cass!

What's Ahead

Upcoming Events

Pride month x Men's Mental Health
Awareness & Community Support

1
June

Able Meet- Sunshine Melbourne
Management Attendance Only

24
June

Able Meet- Werribee
Management Attendance Only

4
June

International Day Against Drug Abuse
Awareness & Community Support

26
June

World Day Against Child Labour
Awareness & Community Support

12
June

Broadmeadows Community Disability Expo
Community Participation

1
July

The Face Behind The Purpose
Emmersyn's Interview

19
June

Charity Gala Partners Proposal
Management Attendance Only

20
June

Able Meet (Speed Networking Event)- MELTON
Management Attendance Only

23
June

2026		JUNE					
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
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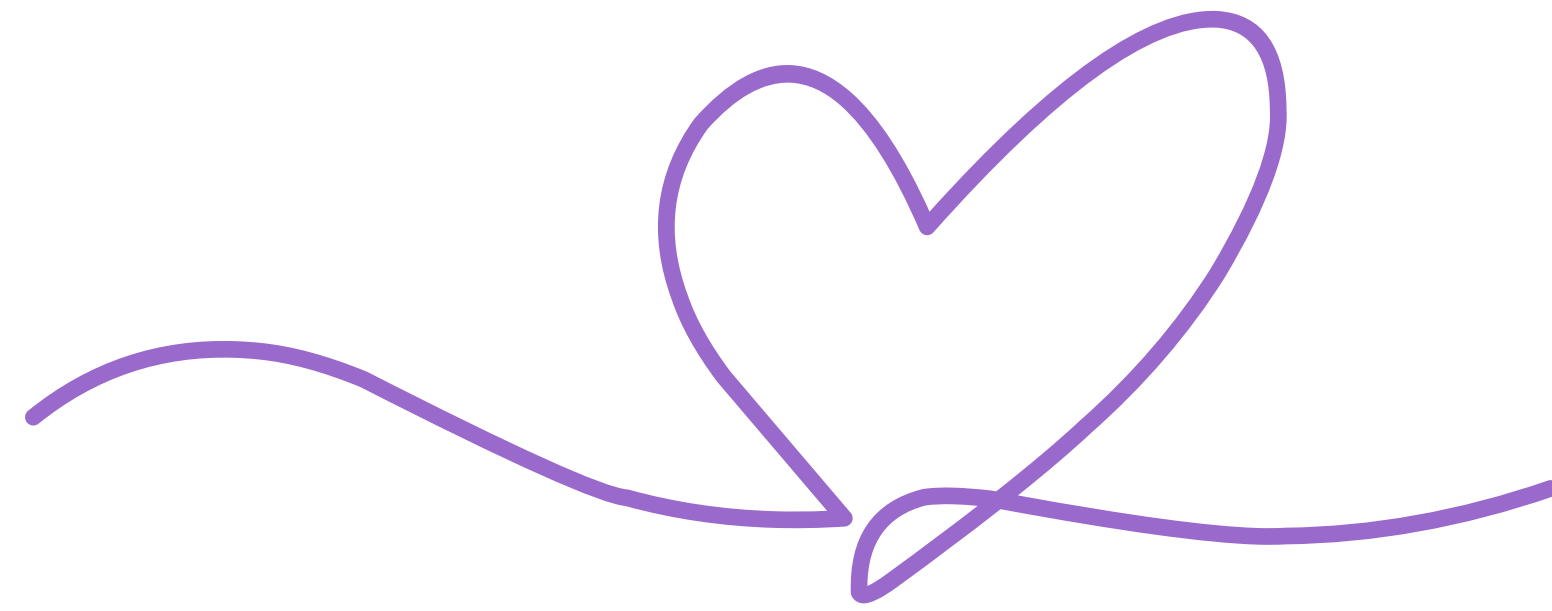
2026		JULY					
SUN	MON	TUE	WED	THU	FRI	SAT	
			1	2	3	4	
5	6	7	8	9	10	11	
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Thank You

Once again, thank you to our amazing participants, families, team and community for being part of the 4 Reasons journey.

Together, we create safe spaces, build connection and empower people to live meaningful lives.

What are your 4 reasons?



Support is Here



If you or someone you know needs support please reach out. You are not alone.