

Together. Stronger. Empowered.

Supporting every individual
to live their **best** life.



A Message From Melissa

The past two months have been filled with connection, laughter and so many meaningful moments.

Our get-together at Abbotsford Convent was beautiful reminder of the power of community.

Thank you to our amazing participants, families and staff for making our community so special. Together, we will continue to grow, support and empower one another

With gratitude,

A stylized, handwritten signature in black ink, appearing to read 'Melissa', with a long, sweeping horizontal line extending to the right.

Director



Charity Gala/ 4 REASONS GET-TOGETHER ● ● ●

FEAUTURED
STORY/ EVENTS

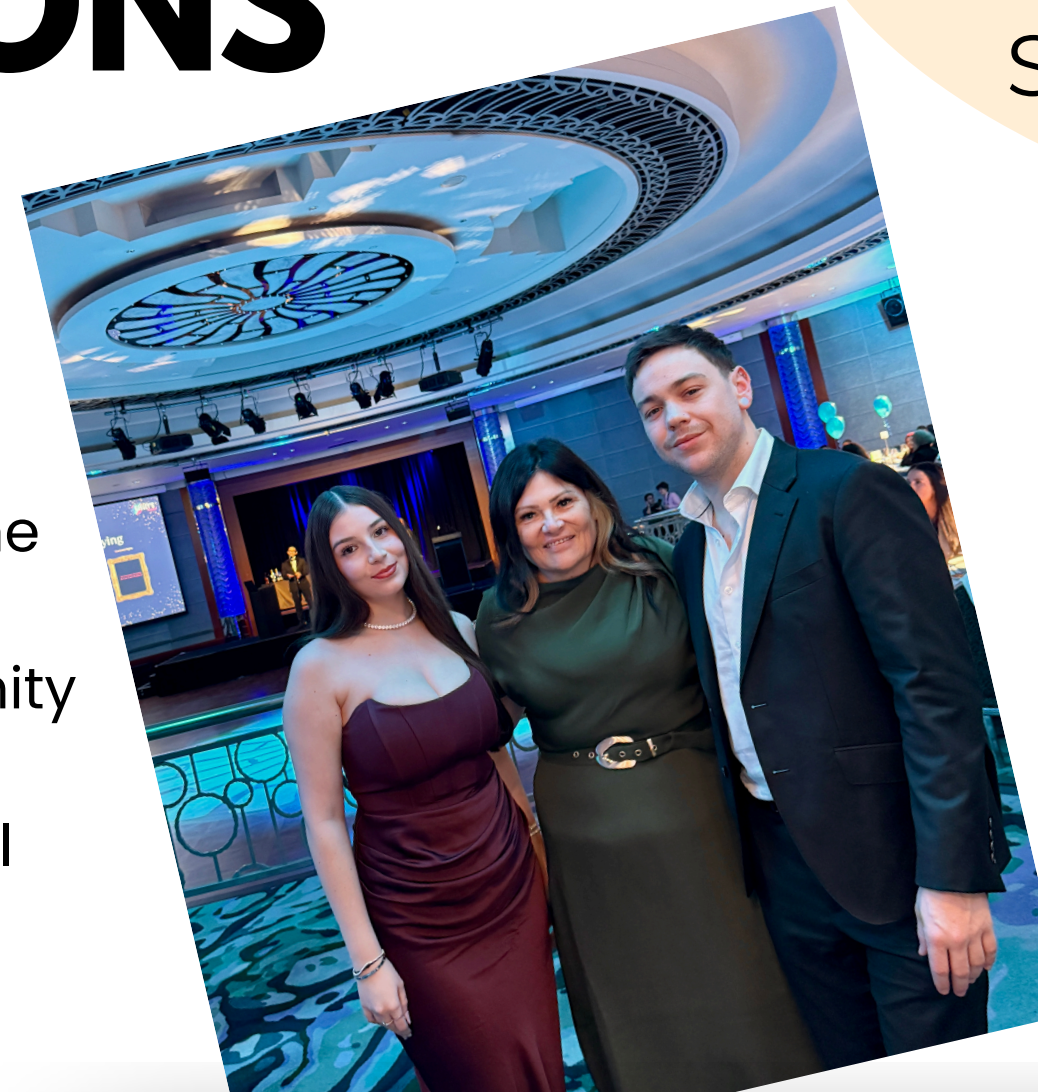
Charity Gala: Keeley's Case

On the 20th of June, 4 Reasons Disability Services was proud to be one of the three sponsors of the Keeley's Cause Charity Gala. It was a memorable evening filled with connection, generosity, and community spirit, bringing together people who share a passion for making a positive difference. We were honoured to support such a meaningful event and witness the incredible impact of everyone involved. A heartfelt thank you to Keeley's Cause for their dedication and for making it a wonderful night for eveyone.

4 Reasons Get-Together: Abbotsford Convent

Participants and staff enjoyed a wonderful day together at Abbotsford Convent for our July quarterly get-together. Surrounded by beautiful scenery, everyone spent the day playing bingo, bowling, catching up, and making new connections.

These gatherings are a great opportunity to strengthen friendships, create lasting memories, and celebrate the supportive community we've built together. Thank you to everyone who joined us, we're already looking forward to the next one!



Awareness, Education & Support Tools

Mental Health Calendar

Awareness Day: June & July

01/06/2026– Men’s Mental Health Month,
Pride Month, PTSD Awareness Month.

05/06/2026– World Environment Day

12/06/2026– World Day Against Child Labour

26/06/2026– International Day Against drug Abuse

05/07/2026– NAIDOC Week

18/07/2026– Nelson Mandela International Day

24/07/2026– International Self-Care Day

30/07/2026– International Day of Friendship

Education & Support Tools

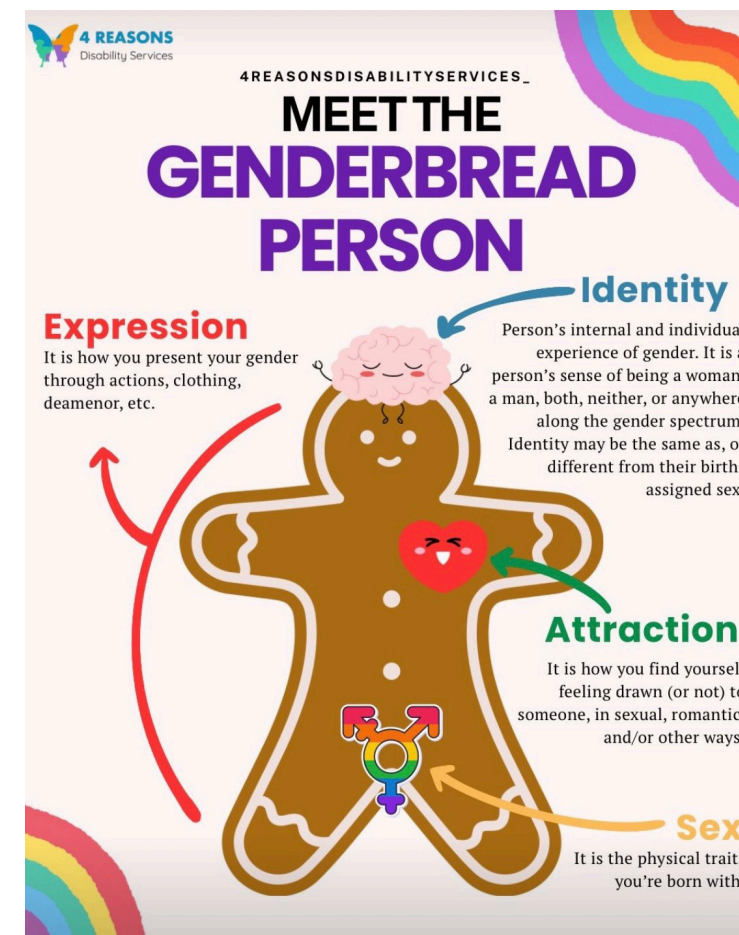
Throughout June and July, we continued creating practical resources to support participants with their mental health, wellbeing, and self-understanding. From calming toolkits and coping resources to educational visuals like the Genderbread Person, these tools are designed to encourage learning, build confidence, and make important conversations more accessible. Keep an eye on our social media as we share the story behind our handmade support toolkit and how it was created alongside one of our participants.

Check it out!

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
21	22	23	24	25	26	27
28	29	30				

2026 JULY						
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



Celebrating Small Wins

Over the past two months, we've had plenty to celebrate at 4 Reasons Disability Services.

A warm welcome to David, who recently joined our team. We're excited to have you on board and look forward to seeing you grow and thrive as part of the 4 Reasons family.

Congratulations to Callum on successfully completing his placement and officially joining our team as a support worker. We can't wait to see your continued growth and the positive impact you'll make in the lives of our participants.

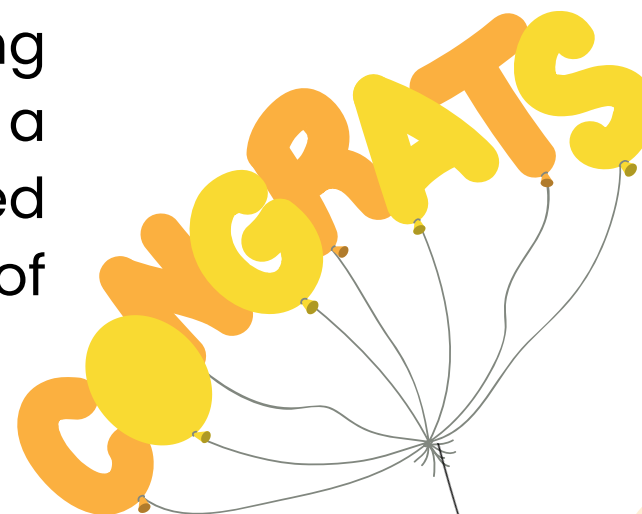
A special congratulations also goes to Laura on reaching one year of service with 4 Reasons Disability Services. Thank you for your dedication, compassion, and commitment, you are a valued part of our team, and we truly appreciate everything you do.



Congrats Callum



Beinvenido David!



1 Year, Laura!



Celebrating More Wins

Finally, we'd like to recognise all of our incredible staff for their hard work, dedication, and ongoing commitment over the past two months. Your passion, teamwork, and continuous improvement are what make 4 Reasons Disability Services the supportive and empowering organisation it is today. Thank you for everything you do for our participants and for each other.



Thank you



everyone



for all your



hardwork ♠️

What's Ahead

Upcoming Events

Wellness Month x Tradies National Health Month
Awareness & Community Support

1
August

International Day of the World's Indigenous Peoples
Awareness & Community Support

9
August

3 Year anniversary 4 Reasons Disability
Awareness & Community Support

10
August

International Youth Day
Awareness & Community Support

12
August

World Humanitarian Day
Awareness & Community Support

19
August

Embracing Change with Certainty Conference
Management Attendance Only

20
August

Women's Equality Day
Awareness & Community Support

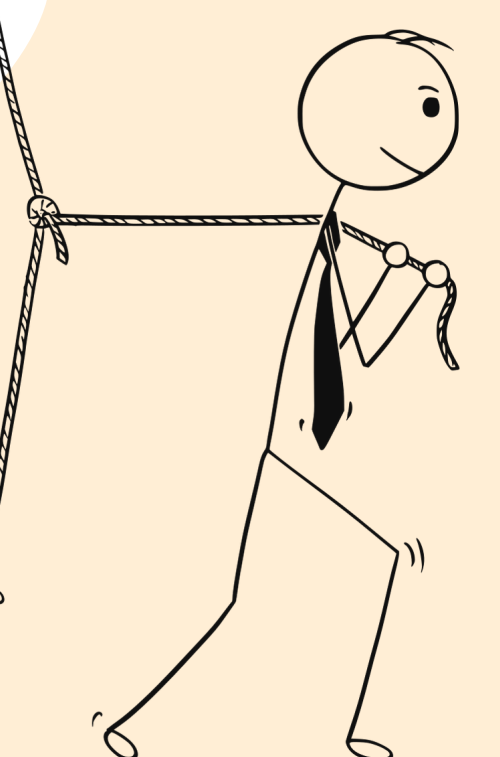
26
August

Beyond Boundaries Melbourne 2026 EXPO
Community Participation

28
August

International Overdose Awareness Day
Awareness & Community Support

31
August



Merci Beaucoup

As another two months come to a close, we'd like to thank our participants, families, staff, and community for being part of the 4 Reasons journey.

Every conversation, milestone, and act of kindness helps create a stronger, more inclusive community where everyone feels supported to thrive.

We appreciate your continued trust, dedication, and support, and we look forward to sharing more stories, celebrating more achievements, and growing together in the months ahead.

What are your 4 reasons?



Support is Here



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