Connection.
Growth.
Community.

Creating opportunities.
Building connections.
Celebrating every step.

At your service!



NEWSLETTER
August/September 2026

A Message From Melissa

The past two months have given me a lot to reflect on, and before anything else, I want to say thank you to everyone who has supported 4 Reasons, especially those who have been with us from the very beginning.

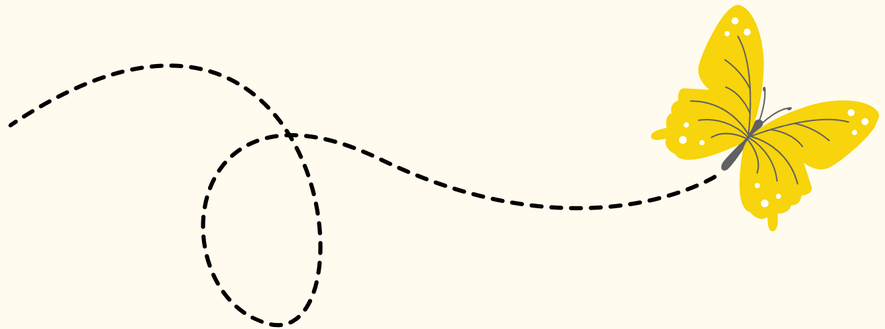
We've been working incredibly hard behind the scenes, and I genuinely feel like 4 Reasons is moving one step closer to its next chapter. We've been exploring new ways to grow what we do and what we can offer our community, and there is some very big news in the works. I can't share too much just yet, so please be patient with us. We're hoping to reveal more within the next couple of months, and it will be a significant step forward for 4 Reasons.
We've also started working on something completely new for us: 4 Reasons merchandise and resources. The first project is a small colouring book that we've been creating with a lot of love and thought behind it. Our first 100 copies will be completely free and given away to children and people within our community, particularly at expos and events.

For us, the colouring book is more than just a book. It's another small stepping stone towards what we hope 4 Reasons can become. We want people to use them, enjoy them and, most importantly, tell us what they think. We'd love to hear what we could improve, what you'd like to see included and what other things you'd love to see us create in the future. Eventually, we hope to sell our colouring books and other products, with the proceeds helping us continue to grow and create even more for our community.

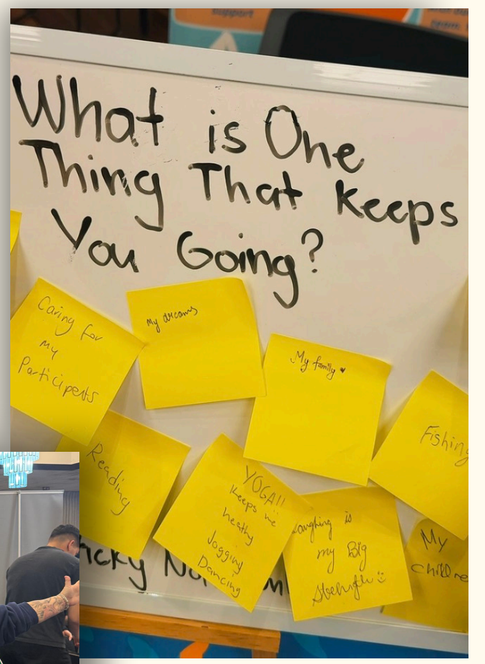
August was also incredibly special because 4 Reasons celebrated its third birthday.
After all the ups and downs we've experienced this year, reaching three years honestly felt like a breath of fresh air. I couldn't be prouder of how far this business has come. When I look back at the hard work, the difficult moments, the lessons we've learnt and everything it has taken to make 4 Reasons what it is today, it reminds me why we started in the first place.

To our staff, participants, families, friends, supporters, and yes, even my enemies, thank you. Every bit of support, encouragement, hard work and even the challenges along the way have motivated us to keep going.
Three years down, and I truly feel like we're only getting started.
Thank you all very, very much. I love you all, and I can't wait for you to see what comes next.
Love,





Beyond Boundaries Expo/ DEC Expo/ Be Understood Expo







Beyond Boundaries Expo: 28th of August

We went into Beyond Boundaries not knowing what to expect, but it turned into a fantastic day of new connections and conversations. Our “What’s one thing that keeps you going?” board was the highlight, with people stopping to share their own reasons and stories.

Disability Event Community Expo: 23rd of September

DEC was one of our most engaging expos yet! People of all ages stopped by, and our table was practically empty by the end of the day. A special highlight was having Cass, our very first participant, represent 4 Reasons, a proud full-circle moment for us.

Be Understood Mental Health Expo: 10th of October

Hosted by Keeley’s Cause, the Be Understood Expo had such a fun, community-focused atmosphere. We loved seeing so many children, participants and workers getting involved. A huge thank you to Cass and her support worker Cara for joining us and representing 4 Reasons on the day.

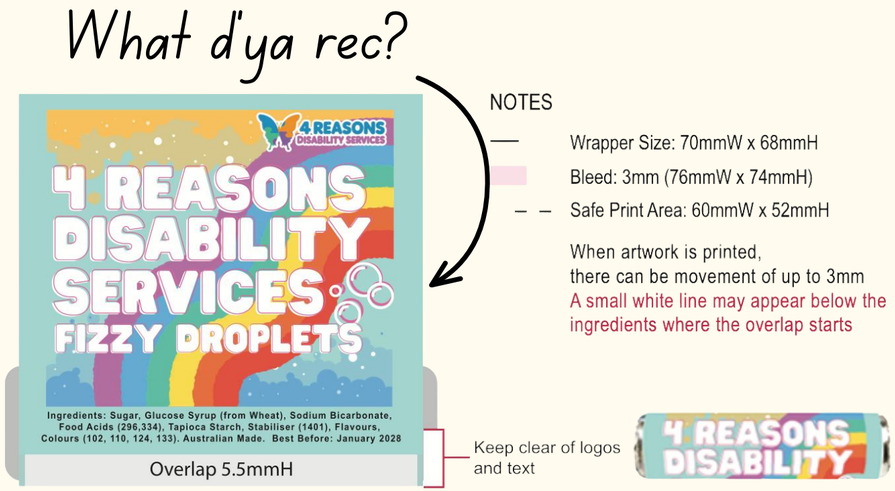
Awareness, Education & Support Tools

Awareness Day: August & September

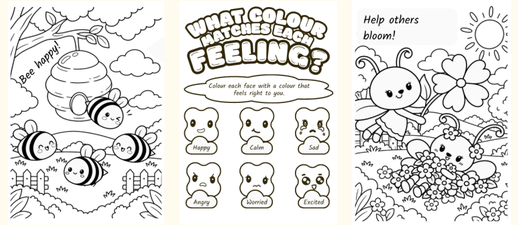
01/08/2026- Wellness Month, World Breastfeeding Week
07/08/2026- ARAFMI Mental Health Carers Day
10/08/2026- 4 Reasons 3rd Birthday
12/08/2026- International Youth Day
19/08/2026- World Humanitarian Day
26/08/2026- Women's Equality Day
31/08/2026- International Overdose Awareness Day
01/09/2026- Suicide Prevention Month
03/09/2026- Father's Day
10/09/2026- R U OK? DAY
11/09/2026- World Suicide Prevention Day
23/09/2026- International Day of Sign Languages
29/09/2026- World Heart Day

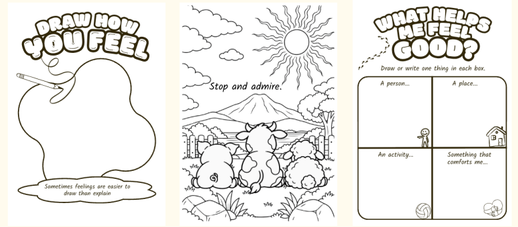
















Our Little Reasons to Smile Colouring Book

Education & Support Tools

Over the past two months, we've been working on some exciting new additions to 4 Reasons, including our first colouring book and our very own Fizzy Rolls!
Our colouring book was created to encourage creativity, mindfulness and fun, with the first 100 copies being completely free for children and members of our community. Our Fizzy Rolls also on the works inspired by 'Life Savers' are coming out soon as well, used for expo giveaways.

Celebrating Small Wins

4 Reasons Turns 3!

August marked three years of 4 Reasons! Three years of growth, challenges, learning and an incredible community that continues to make it all possible. Thank you to everyone who has been part of our journey.

One Year with Emmersyn & Lisa

A huge congratulations to Emmersyn and Lisa, who have both reached their one-year milestone with 4 Reasons! Thank you both for everything you've contributed over the past year. We're incredibly lucky to have you as part of the team. A Big Thank You to Our Support Workers

A special shout-out to all of our support workers who continue to show up and do an amazing job supporting our participants. Your hard work, patience and commitment don't go unnoticed. Thank you for everything you do.

Cass Representing 4 Reasons

And a very special shout-out to Cass! Our very first participant has now helped represent 4 Reasons at our last two expos. Seeing Cass get involved, meet the community and represent us has been such a proud full-circle moment. Well done, Cass!







Celebrating Small Wins

As Always..

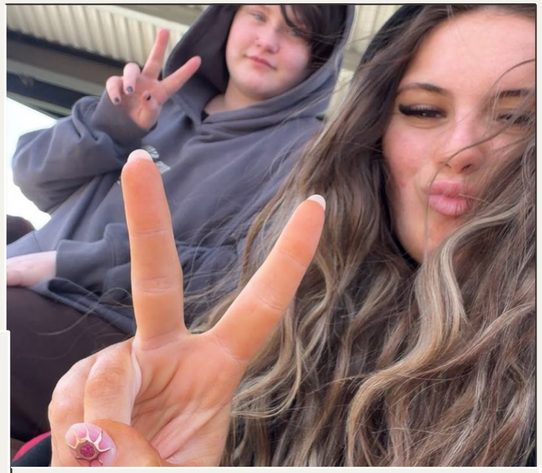


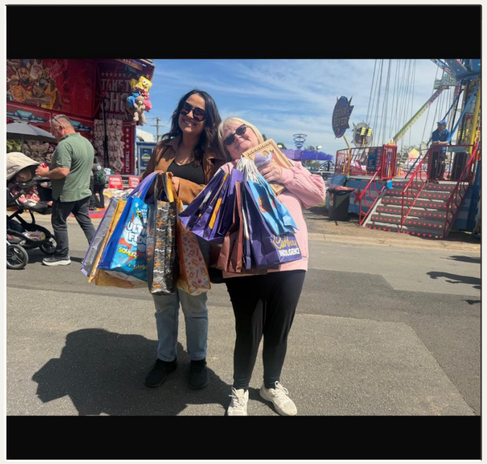
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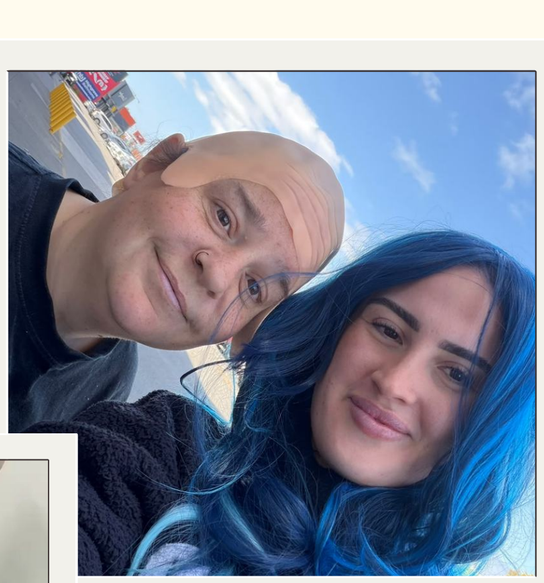
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Thank you all





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For all your hardwork

What's Ahead

Upcoming
Events

Mental Health Month x ADHD Awareness Month
Awareness & Community Support
1 October

Be Understood Expo
Community Participation
10 October

Carers Day
Awareness & Community Support
14 October

Halloween
Awareness & Community Support
31 October

Movember x Mens Health
Awareness & Community Support
1 November

International Stress Awareness Day
Awareness & Community Support
4 November

Remembrance Day
Awareness & Community Support
11 November

International Day For Tolerance
Awareness & Community Support
16 November

International Men's Day
Awareness & Community Support
19 November

World Children's Day
Awareness & Community Support
20 November

International Day for Elimation of Violence Against Women
Awareness & Community Support
25 November

Muchas Gracias

To our participants, families, support workers, staff and everyone who continues to support 4 Reasons, thank you for being part of our journey.

August and September brought plenty of growth, new connections and moments worth celebrating. We're excited for what's coming next, and we're grateful to have our community alongside us.
Here's to what comes next.



What are your 4 reasons?