

#StrongerTogether

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May Newsletter #1



The Power of Friendship & Innovation.

In March, The Jam Project moved to virtual catch ups. It seems like a long time ago now! Do virtual catch-ups work?

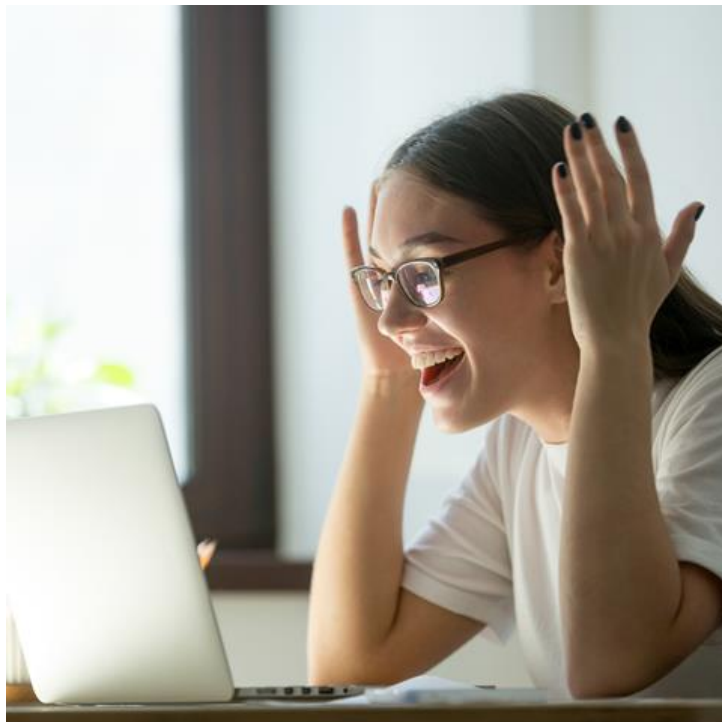
Our evaluation of these catch-ups highlights that matches are finding **innovative ways** to build up connections and relationships online. The **acts of kindness** for one another have been strong and powerful.

Friendship is the theme of this newsletter. It is frequently raised in your conversations - and we wanted to reflect on it. We hope you enjoy this newsletter - Naomi & Liat



Power of Positivity

When everything feels like an uphill struggle, just think of the view from the top.



Power of Motivation

The key is to keep company with people who uplift you, whose presence calls forth your best.

(Epictetus Greek Philosopher)

What makes a good friendship?



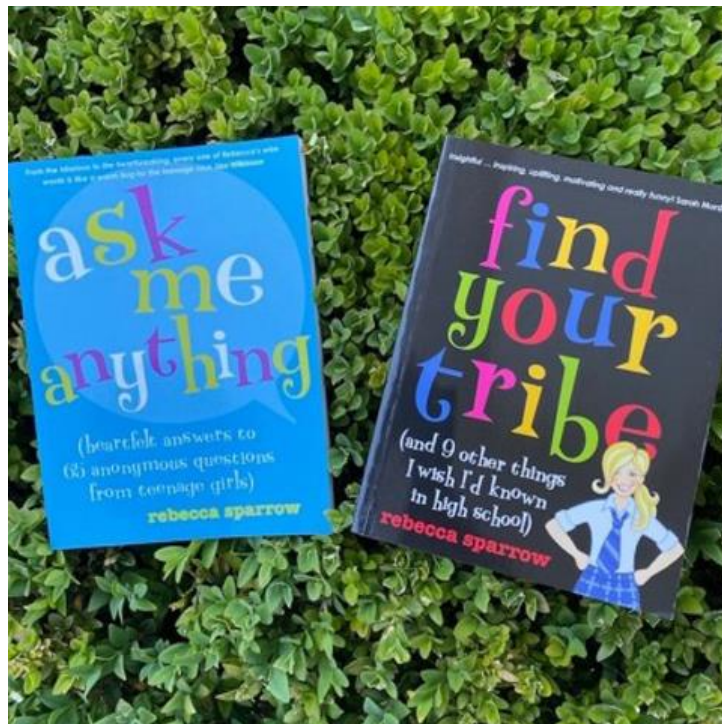
When you were interviewed we asked what makes a good friendship? Your responses were: **loyalty, kindness, give and take, compassion, respectable, empathetic, curious, being available.**

There are times when friendships make us feel flat - and we question our own self-belief. This can make us feel anxious and self-conscious. When these thoughts appear, it is good to get some clarity. Think about these friendships and how they impact and make you feel.

Get some sweetness back into your daily friendships. Recipe: take a bowl and add the following:

- **Joy**
- **Forgiveness**
- **Acceptance**
- **Respect**

Method: mix equal quantities of these ingredients. At times you may need to have more of one than another - especially when friendship cyclones appear. Good luck!



Power of Resources

Remember **Rebecca Sparrow**, guest speaker at our JamFest last November? Rebecca is an advocate for teen girls, friendship and study. Check out her books and podcast called **Ask Me Anything**. She is a fantastic resource and good friend of our program.



Power of Perspectives

“Mindful Parenting” and **“Teen Breathe”** are magazines we highly recommend. They touch on sensitive topics and provide interesting perspectives. These magazines are available at your local newsagency or supermarket.



Power of Kindness

- Call Numbers 1, 14, 20 persons in your phone – they might just need a check in.
- Change three things about your daily routine that will help the environment.
- Send a handwritten note to someone who has had an impact in your life
- Do something kind for someone in your family when they least expect it.



Power of Feelings

A wonderful tool to increase emotional intelligence and awareness is the **Gottman Wheel Feelings**. Using the Wheel, you can investigate how you're feeling at the moment. You can also examine the feelings at the opposite end to see how you can transform your experience. Download the Wheel **here**.

We're Stronger Together – now more than ever!



NCJWA Vic recently launched the End of Financial Year Campaign, focusing on strong connections and support network. **The people we are supporting are**

calling on us now more than ever – your gift at this time will help us to make a real difference.

Determined to continue our mission to support women and girls, we responded strongly and decisively to the COVID-19 pandemic. Caring Mums, The Jam Project and the Golden Age Clubs were quickly adapted, **using technology to connect** with program participants. In addition, new initiatives have been launched.

As the end of the financial year approaches, please consider a donation to NCJWA Vic. Your tax-deductible donation will go towards **strengthening our programs** so we can continue to provide for all of our participants at a time when they need it most.

[DONATE NOW >](#)

Upcoming events.



JAM SESSION

Participants and buddies - join us for the first Jam Session of 2020!

**Sunday 17th May 2020 at 6.30pm-8pm
(via Zoom)**

[REGISTER NOW >](#)

Would you like to help us?

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