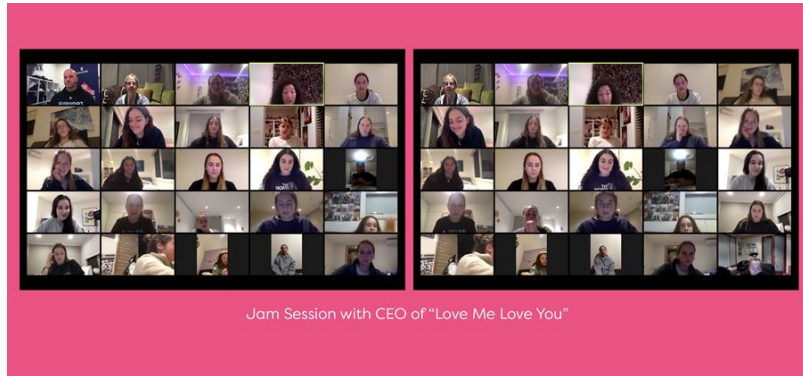


#StrongerTogether

No images? [Click here](#)

## May Newsletter #2



### **No One Travels Their Journey Alone.**

**This year has begun in a very different format – but we didn't lose any time in connecting. We are so proud of how you are finding ways to connect. As time moves on, the relationships made between our matches will increase. Our matches share a common bond and understanding with one another.**

Earlier this month, we gathered together for our first group session. We were fortunate to have the CEO of the **"Love Me Love You"** foundation as our guest speaker and have him share his story.

We thank all of you for being punctual and attentive. The message of "Love Me Love You" is one that in today's society it is important to share - 'No one travels their journey alone'.

It resonates with what we explore in Jam - **active listening, being a supporter and being non-judgemental** to one another.

Over time we will be sending you further tip sheets and resources.

### **Desserts, A Touch of Pink and Let's**

## Party!



**Due to popular demand – Jam Virtual Session is back! This additional Session for buddies and participants will be a "Jam Dessert Party".**

Bring your favourite dessert to the Virtual Session, wear a touch of pink – and let the party start! Please also have with you a ball, pen and paper.

The Dessert Party will be held on **Sunday 31 May 2020 7:30pm-8:30pm via Zoom**. Buddies Supervision will take place immediately prior to the party (6:45pm-7:30pm).

**REGISTER NOW >**

**With just under 80 participants in the 3 years the Jam Project has been running, we have reached out to our past cohort. How are they travelling now? What have they gained from being part of the program? Here are their stories:**



**“The Jam Project allowed me to see the limitless potential of any woman, of any age, of any ability and of any passion”**

Bianca was a **Buddy** in 2019. What was her favourite session? What would she say to the current cohort?

**READ MORE >**



**"The Jam Project equipped me with a tool belt of skills that I could use in the future -**

## ways to tackle anxiety/anger, knowledge of the world and a newfound compassion for women everywhere"

Mia was a **Participant** in 2018. Did she maintain contact with her match? What is she doing to get through this difficult time?

[READ MORE >](#)

## Stronger Together - Now More Than Ever.



Please **DONATE** to our EOFY Campaign. The people we are supporting are calling on us now more than ever. **Your gift will help us to make a real difference** - enabling us to help participants at a time when they need it most. **#StrongerTogether**

[DONATE NOW >](#)

## Latest news.



### To Crust Or Not to Crust?

It's that time of year again where we are excited to eat cheesecake and the debate begins: Do you prefer cheesecake with a crust? Baked? Refrigerated? With chocolate swirls? And the list goes on. We have included a **New York Cheesecake recipe** - crust or no crust? **Happy Shavuot, Jam Family!**



### Virtual Culture



Check out **The National Gallery of Victoria Virtual Tours**. Some are timed, all are free. A fun activity to do together if you have been missing your visits to the NGV or something to do in your down time.



### **How You Treat People is Who You Are!**

"No matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all. Integrity is everything." Check out this beautiful **kindness motivational video**.

### **Upcoming events.**

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#### **JAM DESSERT PARTY**

Please join us for an extra Jam Session - a Jam Dessert Party! Enjoy your favourite dessert, wear a touch of pink, and party! Please also have with you a ball, pen and paper.

**Sunday 31 May 2020**

**7:30pm-8:30pm**

**Via Zoom**

**REGISTER NOW >**

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**BRAINFOOD WITH ANNA JACOBSON**

Feel free to join NCJWA Vic BrainFood virtual event with **award-winning artist** Anna Jacobson.

**Wed 3 June 2020**

**12pm-1pm**

**Via Zoom**

**REGISTER NOW >**

**Would you like to help us?**

**VOLUNTEER >**

**MAKE A DONATION >**

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