

#StrongerTogether

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the jam project
POWERED BY NCJWA VIC

April Newsletter #4



**In a world where you can be anything
be kind.
#Stronger Together.**

The Jam Project has been commended for adapting so quickly to the changes since the government regulations kicked in a month ago. We are so proud of our current cohort and how you are all striving to maintain contact during this time. It will ensure smoother transition for your face-to-face catch ups when they resume. We will continually reviewing these rules in conjunction with Government regulations.

Last Sunday we conducted our first supervision for buddies online via Zoom. This was well received and gave us the opportunity to touch base and ensure the role of the buddy is being upheld and maintained.

We look forward to welcoming our participants and buddies together soon to our **first Jam Session** on Sunday 17th May at 6.30pm-8pm (via Zoom). Click **here** to register.



Keep Motivated

- Jar of Awesomeness (try to add a positive word that starts with the first letter of your name)
- Friendship bracelets
- Virtual Museum Tour
- Recipe Swap - Master Chef Pantry Challenge
- Ted Talk sign up - one per day in your inbox
- Bouquet of paper flowers (just in time for Mothers day!)
- Yoga Session



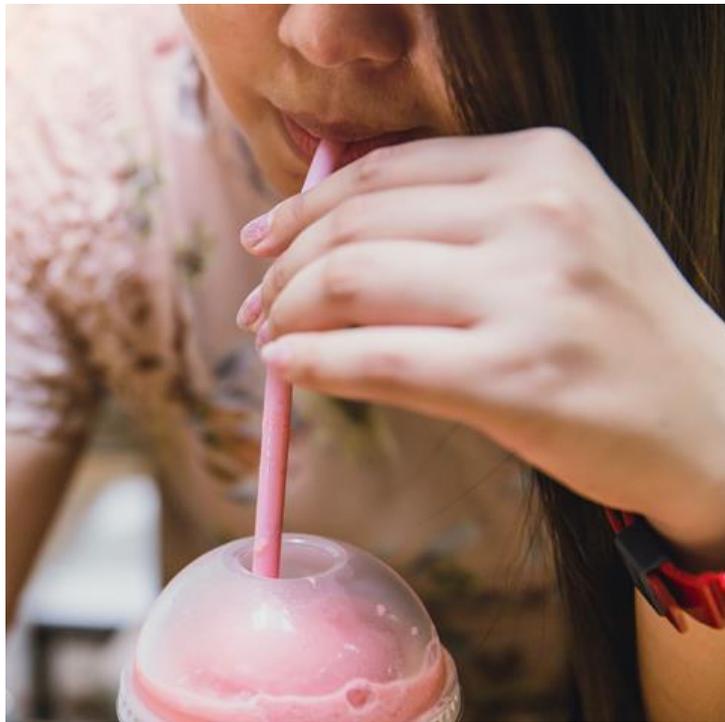
Acts of Kindness

- Write an encouraging email to someone
- Support your local businesses
- Water your plants
- Recycle your newspapers
- Help out in the kitchen / housework

Marking Yom Hashoa & Yom Hazikaron; Celebrating Yom Ha'atzmaut.



This is such a meaningful time in Jewish history (Holocaust Memorial Day, Fallen IDF Soldiers Memorial Day, and Israel's Independence Day) - it would be remiss if we did not make mention of the events that bring us here today. We would love if you could speak to the matriarchs in your families. Ask them about their roles and if they have changed over time. Please share this with your match so you can continue to learn from each other.



Mr Almond Smoothie

For that afternoon break between classes – adapted from Better Together Kitchen. Tried & tested!

10 almonds

1 date

½ cup water

1 large banana

2 tsp almond butter

Pinch salt

¼ tsp cinnamon

½ cup ice



Be Proud

Let yourself be proud of your progress. Take time to reflect, appreciate, love & nurture yourself right now. YOU ARE DOING A GOOD JOB.

Love,
The Jam Project Team



We are Stronger Together – and we want to show it to the world! Send us a **photo** of you holding a sign that says Stronger Together and be part of our exciting new Campaign. In another initiative, taking inspiration from the Pass the Brush Challenge, we want to **Pass the Stronger Together Ball!** Please send us a **video** of you catching a ball with the sign “Stronger Together” and then throwing it away.

Email to jamproject@ncjwavic.org.au

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?

VOLUNTEER >

MAKE A DONATION >

**National Council of
Jewish Women Victoria**
T : 03 9523 0535
E : office@ncjwavic.org.au

PO Box 2220
Caulfield Junction VIC 3161
131-133 Hawthorn Road
Caulfield North VIC 3161

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