

Newsletter

AUTUMN EDITION

Hi {{Recipient.FirstName}}

Welcome to our first newsletter for 2024! And welcome to all of our [43 new volunteers](#) who have started their journey with us this quarter, great to have you on board!

We want to start by taking you back to December and expressing our heartfelt gratitude to our stores for their incredible support of our \$5 Donation Card Initiative. We would like to give a special shout-out to the outstanding efforts of the staff and volunteers at Mornington, who sold the highest number of cards. And a huge thank you to Elwood for their creative display, it was truly amazing - well done teams!

A few reminders from our team:

- New Mental Health training opportunity (see below), and upcoming information sessions (please check your inbox!)
- The volunteers craft group that meets every second Monday to repair, repurpose and have a lovely afternoon tea, open to all volunteers at the DC 1pm - 4pm . Please contact Carla at the DC for more info.
- Has your contact information (address, phone number, email) changed recently? Please email volunteering@familylife.com.au to let us know.
- Don't forget, the [Volunteering Information Hub](#) is a great resource to check out!

Happy reading,
The Family Life Team

Introducing Karen Young!

Karen has recently joined us as the Volunteer Engagement Officer for the Mornington Peninsula, working Monday, Wednesday and Thursdays. Karen has worked in the not-for-profit sector recruiting, training and supporting volunteers for over fifteen years

"I look forward to meeting you all in person at some stage. Thank you for the time and energy you devote to supporting Family Life. It is hugely appreciated." - Karen

Find out more about Karen- [click here!](#)

Service Spotlight:

Heartlinks

Family Life's Heartlinks program provides fee for service quality counselling services to children, parents and families experiencing stress, anxiety and/or trauma. Heartlinks complements our government funded counselling where clients may not meet criteria.

Rebates are available and funding may also be available for eligible clients. Family Life offers Frankston and Sandringham consulting suites, along with telehealth options.

To find out more, [click here](#).

Mental Health & Wellbeing

Essentials Workshop

The Mental Health & Wellbeing Essentials Workshop, facilitated by St Johns, aims to develop an awareness, broaden your understanding of your own mental health and wellbeing, to better support you and others through the challenging times.

Dates Available: Bayside - 19 March or 18 April 2024. Mornington Peninsula - 22 April 2024.

To register: Look out for the invitation in your inbox or email the Volunteering team at volunteering@familylife.com.au.

Lou Baulsom- Volunteer

Victoria Awards

Congratulations to our wonderful volunteer, Lou Baulsom, a recent finalist in the Volunteering Victoria awards.

Lou has dedicated 24 years to support the work of Family Life, volunteering across multiple areas. Her passion for supporting those in need is inspiring and her can-do attitude is infectious.

Congratulations Lou, what an achievement! Thank you for your ongoing contribution to Family Life.

Op Shop Highlight (NEW!)

Every Newsletter, we will feature one of our fantastic Community Op Shops. This time, it's all about Beaumaris! Beaumaris is one of our newest stores, opening its doors in late 2023. [Click here](#) to find out what the passionate Beaumaris volunteers have to share about their vibrant store.

If you'd like to learn more about our work, please visit familylife.com.au

To support our community work, donate [here](#).

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