

MAY
2025



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YAY TODAY
Supporting you every step of the way

WELCOME TO OUR **Monthly Newsletter**

Hello May: Celebrating Connections & Wellbeing

As we welcome the month of **May**, we're excited to bring you the latest highlights, stories, and events from across YAY Today. This month is all about **celebrating connections, new beginnings, and wellbeing**.

In this edition, you'll enjoy a special **Mother's Day feature**, take a look at our recent **Easter holiday celebrations**, and explore moments from our calming Wellness Class. We're also thrilled to introduce our Employee Q&A with David, and share updates from our fun and engaging **Saturday Program**.

There's so much happening- and even more to look forward to. We invite you to stay connected, get involved, and enjoy everything May has in store.

Happy reading – and here's to a meaningful month ahead!



Employee of the Month - Marie

We are so happy to announce Marie as our Employee of the Month!

Marie is our Office and Compliance Coordinator, and she does an amazing job keeping everything organised and running smoothly. She supports the whole team with her calm, caring attitude and is always ready to help when needed.

Marie works hard behind the scenes to make sure everything is in place so our staff and clients feel supported.

Thank you, Marie, for all the effort you put in—we really appreciate you! ❤️



Meet David: From Participant to Team Member at Yay Today!

A chat with David, our amazing admin assistant, brand ambassador, and active class participant



1. Can you tell us a little bit about your role at Yay Today?

I am David, and I am an admin assistant and brand ambassador at Yay Today. I am also a participant in the classes at yay today, so I work and do the classes and activities.

2. What do you enjoy most about working here?

I like that the people are approachable and kind and always answer questions I have.

3. What's one thing you're really proud of achieving recently?

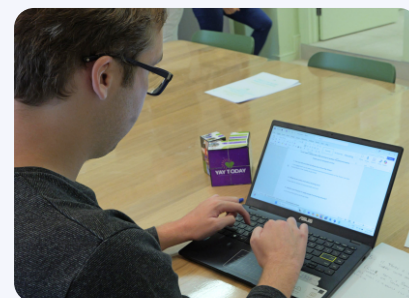
I am proud that I got a job at Yay Today while also being a client in the yay today classes and activities.

4. What are your favourite activities or hobbies outside of work?

I like climbing, playing video games and writing.

5. Is there a message you'd like to share with our community?

Yay Today is amazing and the people are approachable, and kind and the classes are fun, and the teachers and support workers always do their best to help.



We'd love to share your story.

If you're open to being part of the New Section, simply email us at support@yaytoday.com.au, and we'll be in touch with the next steps!

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World Schizophrenia Awareness Day – 24 May

On 24 May, we recognise World Schizophrenia Awareness Day, a time to raise understanding, reduce stigma, and show support for people living with schizophrenia.

At YAY Today, we believe in building an inclusive community where everyone feels valued, supported, and respected



Celebrating Mother's Day

This May, we honour all the incredible mums, grandmothers, carers, and mother figures in our community.

Your love, strength, and kindness inspire us every single day.

Happy Mother's Day!

We hope your day is filled with joy, laughter, and beautiful memories.

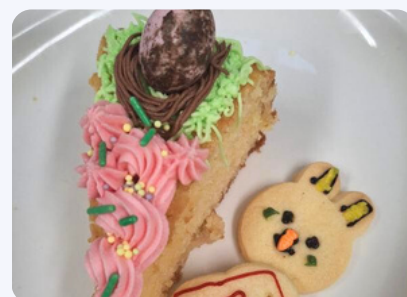
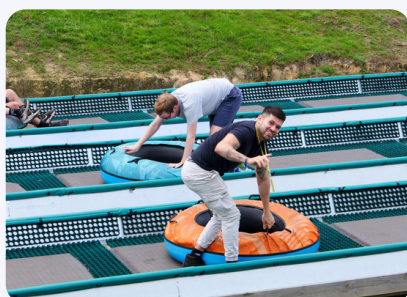
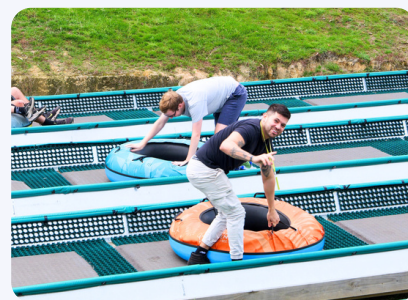
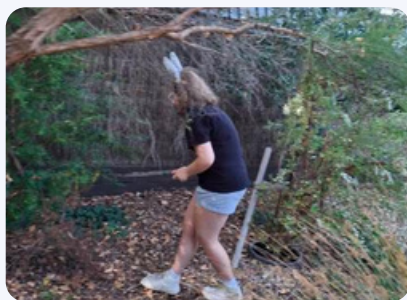
Wellness Spotlight: Trauma-Informed Yoga

In our latest wellness class, participants explored **trauma-informed yoga**—a gentle and supportive practice that focuses on safety, choice, and connection to the body.

Through mindful movement and breathing, everyone had the chance to relax, reflect, and feel empowered. A beautiful step towards healing and wellbeing!

Wellness class runs every **Thursday from 1pm to 4pm**—come and join us!

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Highlights from Our Easter Holiday

Our Easter school holiday program was packed with fun, smiles and adventure!

The kids had a wonderful time during the break, enjoying a range of activities that brought joy, creativity and connection. From the excitement of the Easter egg hunt to baking sweet Easter treats, there was something for everyone.

We also went on some exciting outings, including a magical day at the Enchanted Adventure Garden, a fun trip to the cinema, and other activities that kept the holiday spirit alive. It was beautiful to see everyone getting involved, making memories and enjoying each other's company.

Thank you to our amazing support team for creating such a safe and joyful space for our participants to enjoy their holidays! 💜

May Saturday Program

Saturday 3rd May – Federation Square

Join us for a vibrant day at the Buddha's Day & Multicultural Festival! Enjoy food, music, and cultural fun at Fed Square.

Saturday 10th May – NGV International

Explore the Cats & Dogs Art Exhibition at the NGV – a creative and colourful look at our furry friends!

Saturday 17th May – Rippon Lea Estate

Step back in time at Rippon Lea Estate, with a relaxing stroll through the gardens and a guided mansion tour.

Saturday 24th May – Federation Square

Experience Korean culture, music, and food at the lively Korea Festival at Federation Square!

Saturday 31st May – Immigration Museum

Discover stories of culture and identity at the Immigration Museum, featuring the powerful Joy Exhibition.



Let's Glow Together!

We're heading out for a fun social evening at Neon Fields – part of the South Side Festival in Frankston. This is a great chance to enjoy a relaxing night filled with glowing lights, colour, and connection.

To book your spot, **contact Einat on 0466 986 540**

☎ Need Someone to Talk To?

For immediate support, the following free services are available 24/7:

Lifeline Australia – 13 11 14

Beyond Blue – 1300 22 4636

Kids Helpline – 1800 55 1800

Suicide Call Back Service – 1300 659 467

Please don't hesitate to reach out – you are never alone.