

WELCOME TO OUR MONTHLY NEWSLETTER

Celebrating February Together

February has been a month full of connection, creativity and meaningful moments at YAY Today. From welcoming new faces to celebrating friendships and sharing creative achievements, it's been wonderful to see our community continue to grow.

In this newsletter, you'll find highlights from our School Holiday Program, stories of friendships formed through our classes, updates from our team, and snapshots from our creative sessions. We hope these moments bring a smile to your face and reflect the positive energy across our programs.

We hope these stories and photos give you a sense of the creativity, connection and positive energy across our programs.



Employee of the Month – Antillia

This month, we're happy to celebrate Antillia as our Employee of the Month. Antillia has strong experience in mental health support and always provides calm, kind and respectful care. She builds great relationships with clients and takes the time to understand their needs. Antillia's caring nature and dedication make a real difference every day.



Thank you, Antillia, for your hard work and for being such a valued part of the YAY Today team.

February Focus – Well-being & Valentine's Day

February is a time to celebrate connection, kindness and looking after yourself. Valentine's Day isn't just about romance, it's also about friendships, self-care and the people who make us feel supported.

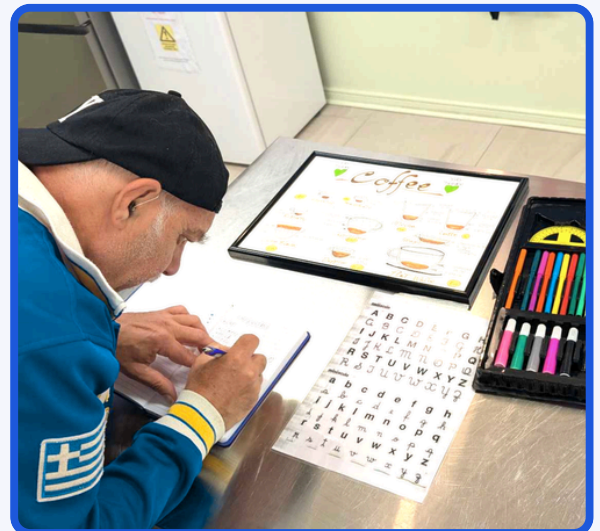
Whether it's spending time together, enjoying an activity you love, or simply taking a moment for yourself, small acts of care can make a big difference to wellbeing.



February Tip – Small Steps, Big Wins

Starting something new doesn't have to be big. Even small steps, like joining a group, trying a new activity, or keeping a routine, can build confidence and wellbeing over time.

If you're thinking about trying something new this year, our team is here to support you at your own pace.



School holiday program

Our School Holiday Program was packed with fun and variety, giving participants a chance to explore, create, and celebrate together. Highlights included an Australia Day day trip, a museum visit, art classes, pizza and cake making, and a disco that had everyone dancing and smiling. It was a joyful mix of learning, creativity, and connection these holidays.



With Thanks to Our Clients

A big shout-out to all our clients for bringing such positive energy to our programs. Your creativity, kindness and willingness to get involved truly brighten our days. We're so proud of everything you do and love supporting you along the way.

Say hello to Marie, our Compliance Coordinator

Tell us a little bit about yourself

I'm the Compliance Coordinator at YAY Today and I work alongside Nathalia. Together, we help keep everything running smoothly behind the scenes!

What do you enjoy most about working at YAY Today?

Getting to see everyone when I'm working from the office! I genuinely adore the people at YAY Today and it is always so fun and fulfilling to chat with office staff, support workers and participants who come in. It's such a lovely community built on support and uplifting others, and I always look forward to coming in and seeing everyone's smiling faces!



What are your favourite things to do in your free time?

I love to cook just as much as I love to eat, so when I'm not at work you'll often find me making a snack for myself and anyone else who happens to be around. On a rainy day there is an almost 100% guarantee I will be brewing a cup of tea and settling in with an old book from my collection.

What do you find most rewarding about your role?

Being able to help people and see the positive impact YAY makes in their lives. Nothing brings me more joy than seeing a participant open up and grow more confident in themselves and their abilities as the weeks go by. It always motivates me to keep working hard and do my best to continue making a meaningful difference!

If you could describe YAY Today in three words what would they be?

Warm, supportive and empowering.



Highlights from Our Art Class

Over recent months, our creative sessions have been buzzing with energy and expression. Participants have explored new techniques, experimented with colour and materials, and brought their ideas to life in unique ways. We're delighted to showcase some of these special moments and creations, and hope they brighten your day and inspire your own creative spark.

Did You Know?

Creative activities like art can help support emotional wellbeing, reduce stress and build confidence. Art sessions also encourage focus, self-expression and social connection, all while having fun in a relaxed environment.



Clickability & Google reviews

If you are happy with the support you are receiving at YAY Today, a quick review on Clickability or Google can really help. It makes it easier for other participants and families to find YAY Today and access the same kind of support that can make everyday life a little better. Thanks for helping spread the word!

 **Clickability**


Reviews ★★★★★

February Saturday Programs

Saturday 7 February – A day out at Langwarrin Flora and Fauna Reserve

Join us for some nature immersion and history exploration.

Saturday 14 February – A day out at Abbotsford Convent

We'll take a walk through the heritage-listed gardens and explore the public art installations.

Saturday 21 February – A day out at Cardinia Reservoir Park Kangaroo Viewing Trail

Come along for a nature walk to see kangaroos and enjoy the outdoors.

Saturday 28 February – A day out at the Holi Festival of Colours at Fed Square

Let's celebrate music, dance and colour at this Indian cultural festival inspired by Holi the Festival of Colours.

 Day Program February 2026 Month: February Year: 2026					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	Cooking Class 10am-130pm Art Class 130pm-430pm	Barista Class 10am-130pm Cooking Class 130pm-430pm	Creative Workshop 10am-1pm Cooking Class 10am-1pm Wellness Class 1pm-4pm	Psychosocial Skills 11am-2pm Yay to Friday 2pm-6pm	Day at Langwarrin Flora and Fauna Reserve 12pm-3pm
9	Cooking Class 10am-130pm Art Class 130pm-430pm	Barista Class 10am-130pm Cooking Class 130pm-430pm	Creative Workshop 10am-1pm Cooking Class 10am-1pm Wellness Class 1pm-4pm	Psychosocial Skills 11am-2pm Yay to Friday 2pm-6pm	Day at Abbotsford Convent 12pm-3pm
16	Cooking Class 10am-130pm Art Class 130pm-430pm	Barista Class 10am-130pm Cooking Class 130pm-430pm	Creative Workshop 10am-1pm Cooking Class 10am-1pm Wellness Class 1pm-4pm	Psychosocial Skills 11am-2pm Yay to Friday 2pm-6pm	Day at Cardinia Reservoir Park Kangaroo Viewing Trail 12pm-3pm
23	Cooking Class 10am-130pm Art Class 130pm-430pm	Barista Class 10am-130pm Cooking Class 130pm-430pm	Creative Workshop 10am-1pm Cooking Class 10am-1pm Wellness Class 1pm-4pm	Psychosocial Skills 11am-2pm Yay to Friday 2pm-6pm	Day at the Holi Festival of Colours at Fed Square 1030am-3pm
	24	25	26	27	28

We'd Love to Hear From You!

Let us know if you have a great story you would like to share with everyone. You could be featured in a next newsletter!