

Mirabel Newsletter

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Issue 40

A message from Jane

We're already half way through the year and as always, it's been a busy one with young people graduating while new children and families begin their years at Mirabel.

A Mirabel teenager reminded us how he initially just wanted to feel "good enough." We hope that all young people graduating Mirabel feel not only good enough but also empowered and optimistic for their years ahead. Our aim is that every child enters young adulthood with a sense of belonging and a childhood that has moved beyond secrets and shame to opportunity and achievement.

At a time when there's so much uncertainty in the world, there is one certainty – that together we can make a profound difference to a child's life. We're living through difficult and complex times and every donation remains critical to maintain our work. Childhood is precious and we're determined that every Mirabel child has experiences of that. If you're in a position to consider a donation before the end of this financial year, it would be appreciated more than ever.



Jane Rowe – Founder/CEO

Gold for Lilly

We couldn't be prouder of Mirabel's gold-winning gymnast. Lilly from New South Wales is pursuing her gymnastic dreams and is somersaulting to success. In the second half of last year, Lilly won gold for her amazing floor routine, silver on the vaults, and a bronze medal for her incredible performance on the bars. Plus, Lilly was 1st overall at the Advance Academy of Gymnastics. She's also been selected to compete at the Tamworth Country Capital Cup this June.

Lilly's nan says that without the financial support from Mirabel's Grassroots funding, the family couldn't attend these major events outside of her weekly sessions.



Finding her confidence

When 9-year-old Ava joined Mirabel three years ago, she was quiet, withdrawn and struggling at school. Ava's grandmother took on Ava's full-time care after her mum tragically died from an overdose. Concerned about her granddaughter while also dealing with the sad loss of her daughter, Ava's nan was relieved to hear about Mirabel and seek out support for them both. She was feeling alone and at a loss as to how to help Ava with her grief and confusion.

Today, at 12, Ava's confidence is resurfacing. Through Mirabel's therapeutic children's groups and regular counselling, she's uncovered her talent for art and for the first time, feels confident in the classroom. She has made firm friendships both at school and at Mirabel. Ava's grandmother has also found a community through Mirabel's support groups, connecting with other carers who face similar challenges.

A weekend to remember

For many, a night away isn't a big deal, but for our young first-time campers, it's huge. My First Mega Camp saw 25 Mirabel children (aged 8-12) venture to Malmsbury Camp on Dja Dja Wurrung land in central Victoria.

The weekend was filled with confidence-building activities including low ropes, giant swing, sports, tie-dye making, and a pyjama dance party!

Special thanks to our volunteers and Mirabel alumni for being such incredible role models.



