Friendship

One encounters so many people throughout life, yet, we always find that person who is always present since the earliest memories! Through thick and thin, through different periods in our lives, our achievements, the rough patches; we always turn towards that one person who understands us even without speaking.

We realise that we have actually grown together with this person, sharing the most important events in our lives. Still, it takes quite a huge amount of courage to trust the most personal side of yourself to someone else. For many it is a great struggle and imposes a lot of challenges to obtain.

We live in a diverse world but very often these differences are not always welcomed, pushing one to enclose more in oneself because s/he feels different. Yet, friendship helps persons to feel better because they are loved, supported and accepted for what they are and not for what they have or how they look.

A true friend looks beyond the physical appearance or the bank account and gives priority to values such as respect, empathy and honesty.

We all have experienced how difficult it may be to actually find that one true friend but once found there is chemistry, a chemical reaction that changes the way we look at the things around us.

We start believing that in today’s world there is still hope for some positiveness even while admiring a small white flower opening to the first sun rays in garigue land!

“Anything is possible when you have the right people there to support you” Misty Copeland.
July 30th marks the International Friendship Day. In a world full of differences and conflicts, it was about time to celebrate something which unites cultures and people all over the world. No man is an island. We need that one friend who is there to listen and support us! This day was proclaimed in 2011 by the United Nations General Assembly with its main aim is to bring closer the different communities around the world. In this short article, we can learn more about the origin of this day. Let’s spread the love, let’s all be friends!

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An Unlikely Friendship

For some making new friends is like a piece of cake, while others struggle to integrate and strike up a friendship. There can be many challenges encountered when a new friendship is about to start. The stigmas and expectations of what a friendship is or cannot be are often present and can play a huge role in determining its success. In this very powerful story, Natalie is fought between these currents. Will she overcome her fear and welcome Sarah as her new friend?
Let’s meet...
Erica Bonello

*Status: In a relationship*

**Q. When did you graduate and how long have you been in involved in ASLP?**
A. I graduated in September 2020. Shortly after, I became involved in ASLP.

**Q. What is/were your roles in ASLP?**
A. My SLP-bestie Lisa and I are responsible for the resource section of the ASLP newsletter. Back in October, we also founded @studentspeechies, an Instagram account with tips and tricks for SLPs to-be.

**Q. What is ASLP for you or what drew you to ASLP?**
A. ASLP opened a lot of doors for me. It has helped me network with other SLPs, raise awareness about the profession, enhance my knowledge and skills as well as involve myself in the European Speech and Language Therapy Association (former CPLOL).

**Q. What is your area of special interest in SLP?**
A. I don’t think I have one area of special interest yet. I had enrolled in the course of Communication Therapy mainly because I was interested in Acquired Communication Disorders, and although I still feel drawn to this area, through experience I also developed a passion towards specific childhood disorders such as speech sound disorders and written language disorders.

**Q. What do you like most about being a SLP?**
A. Watching clients have fun during SLP sessions whilst also reaching their goals is my favourite thing about being a SLP. The look in the caregivers’ eyes when their child makes such accomplishments is also priceless!

**Q. What are your non-SLP skills?**
A. I’m currently practising yoga - but I’m still a beginner.

**Q. What are your hobbies?**
A. I love spending time with my friends and family, travelling, swimming and diving.
RESOURCES FOR SLPs, PARENTS and KIDS

By
LISA ABELA and
ERICA BONELLO

Friendship can be an abstract concept for kids to grasp and understand. Here are some useful nice resources that one can use with kids of different ages.

A list of useful books about friendship.

INSPIRATIONAL QUOTE

"Don't expect your friend to be a perfect person. But, help your friend to become a perfect person. That is true friendship" - Mother Teresa