



# Portfolio

Albine Kqiku



# LET ME GO

## *There Is No Night Without A Dawning*

There is no night without a dawning  
No winter without a spring  
And beyond the dark horizon  
Our hearts will once more sing...  
For those who leave us for a while  
Have only gone away  
Out of a restless, care worn world  
Into a brighter day.

by Helen Steiner

## *Do Not Stand At My Grave And Weep*

Do not stand at my grave and weep  
I am not there. I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.

by Mary Elizabeth



These inspirational poem about the death of a loved one  
invites us to look for them all around us in the beauty of  
the world

# Book





# Business card







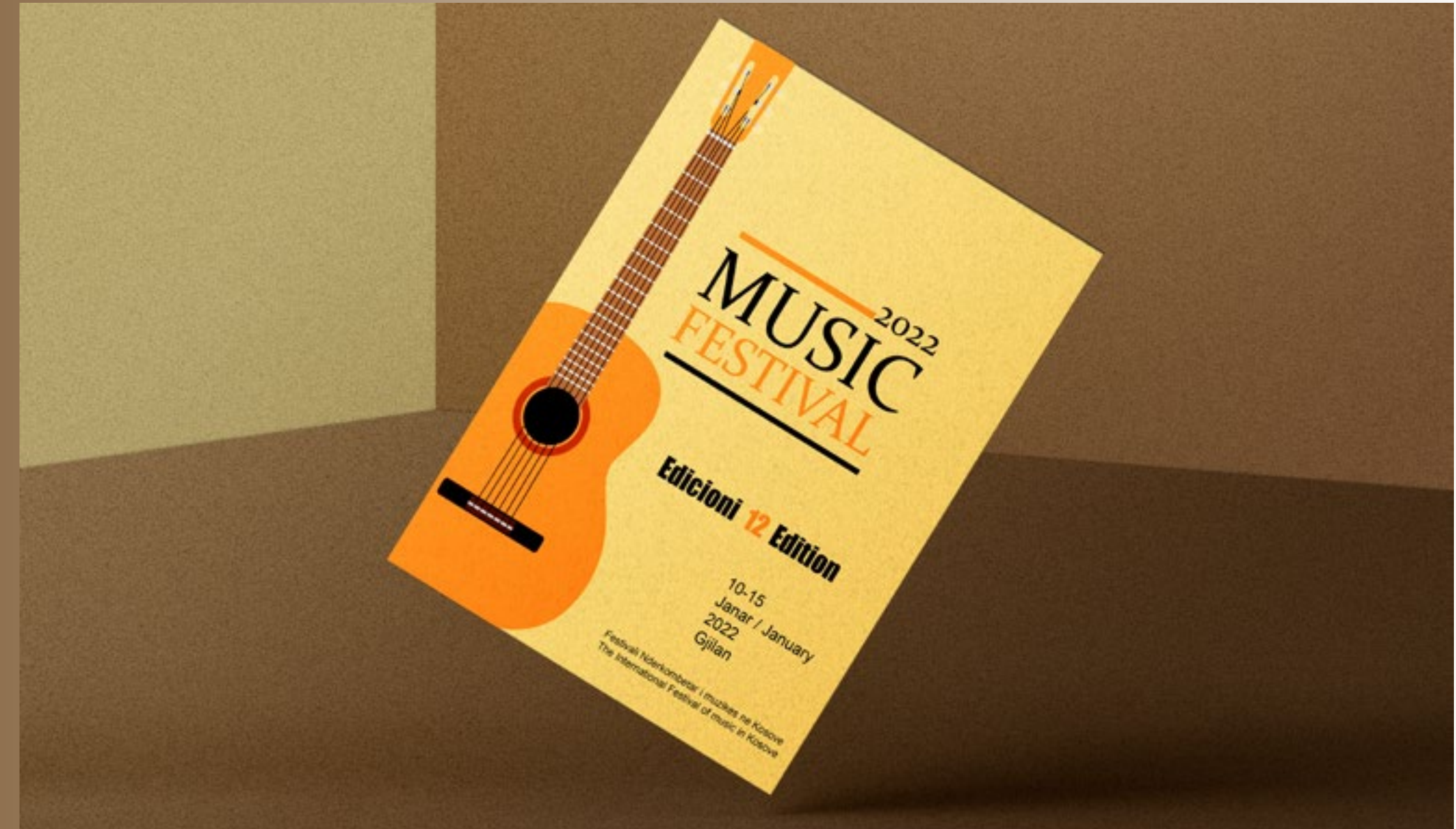
# Poster





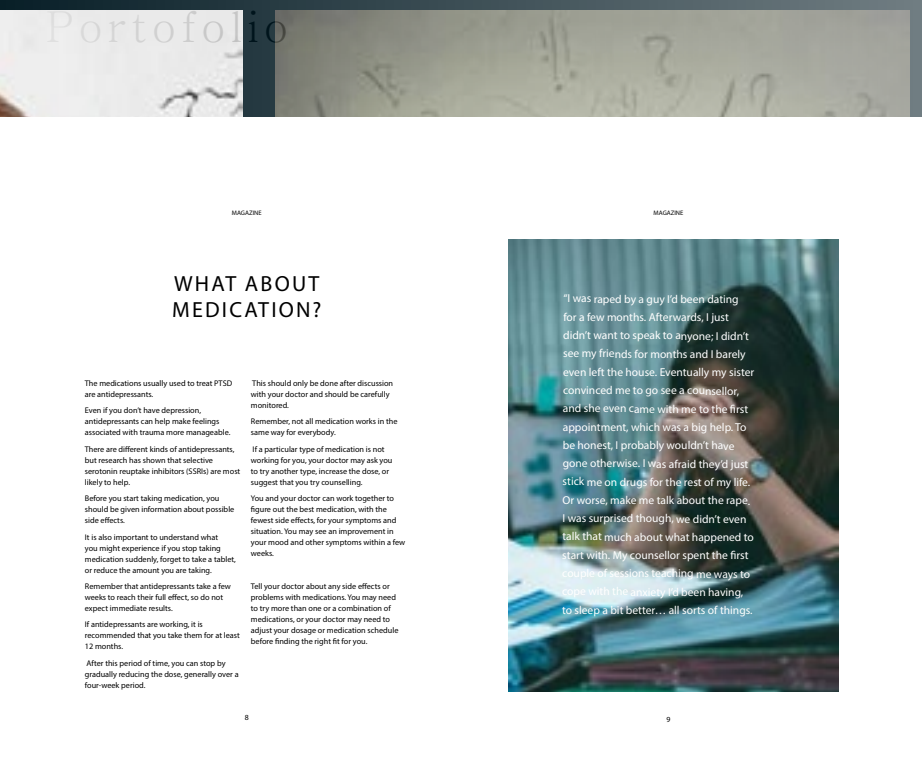


# Flyer





# Magazine



Treatment for children and teenagers with PTSD is a 'talking therapy' and cognitive behavioural therapy. It has been found to be helpful for children of all school age and older. The treatment involves a young person being treated by a therapist. If something bad happens to a child, they may feel uncomfortable and upset. The therapist helps the child to talk about it and to keep the person always safe. The therapist helps the child to keep their mind from being able to think about it and to pack it safely away.

### Get HELP

Traumatic experiences may include

- Being in a serious accident,
- Being physically assaulted,
- Being involved in a war - either as a Civilian or as part of military operations,
- Being involved in a natural disaster, such as a bushfire, flood or cyclone being sexually assaulted or abused.

Traumatic events include things that happen to you directly, or to someone you are close to. An event can be traumatic if you witnessed it happening to someone else, or if you were involved in the course of your work. For example:

- If you were the first on the scene of a serious accident, or after a natural disaster,
- If you learnt that a friend or family member was involved in a life threatening event, was seriously injured, or died suddenly and unexpectedly

### Post-Traumatic Stress Disorder (PTSD)

When something traumatic happens, it is often overwhelming, and it can be hard to come to terms with what has happened. The experience is likely to be very different from anything you have gone through before. It can mean you question things that you have always thought were true. For example, you might no longer believe that the world is a safe place, that people are generally good, or that you are in control of what happens to you. When people talk about their world being turned upside down after a traumatic event, it might mean these big picture beliefs have been shattered.

It is generally best to start with counselling rather than use medication as the first and only solution to the problem. Recommended counselling approaches for PTSD include trauma-focused cognitive behavioural therapy (CBT) and eye movement desensitisation and reprocessing (EMDR).

- Learn strategies to help you get back into activities or visit places that you have avoided since the trauma because they have been too distressing
- Learn tools to help you relax when you start getting too anxious or wound up.
- Learn ways to confront and come to terms with painful memories, thoughts and images, so you don't feel as distressed by them
- Explore thoughts that may be making your memories of the event more painful


The most important thing when getting help for PTSD is to face and deal with the memory of the traumatic event rather than pushing it to the back of your mind. This is the main aim of trauma-focused CBT or EMDR.





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January 07, 2022

Dear reader,

Do you need an auto part? Well, check out this catalog for different auto parts that you can buy. We ensure that each of the product's quality is excellent.

Additionally, we also offer you technical services for your car since we know some problems aren't going to be solved by DIY. So, let us help you find the perfect auto parts that your car needs. Thank you so much!



## Auto SPORTS-

By Christine Shay


You can count on our auto products if you're looking for the best items you need. Each auto product we have is actually high-quality. Although they are used, we made sure that they are in good condition.

Moreover, we checked all these products before selling them. All you have to do is to choose the items you need. Be careful in picking the parts and make sure that they fit your auto.

ÉTERNITÉ PASSENGER SIDE REAR DOOR

\$ 63

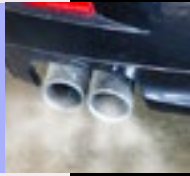
Cover your car with this high-quality auto part.



MYTHIQUE MUFFLERS

\$ 231


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FUSION SHOCK ABSORBER

\$ 55

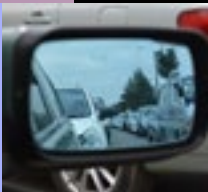
Be confident that you'll be safe with this part.



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\$ 5


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BATTERY TESTER

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# Catalog

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ALBINE KQIKU



# Certificates



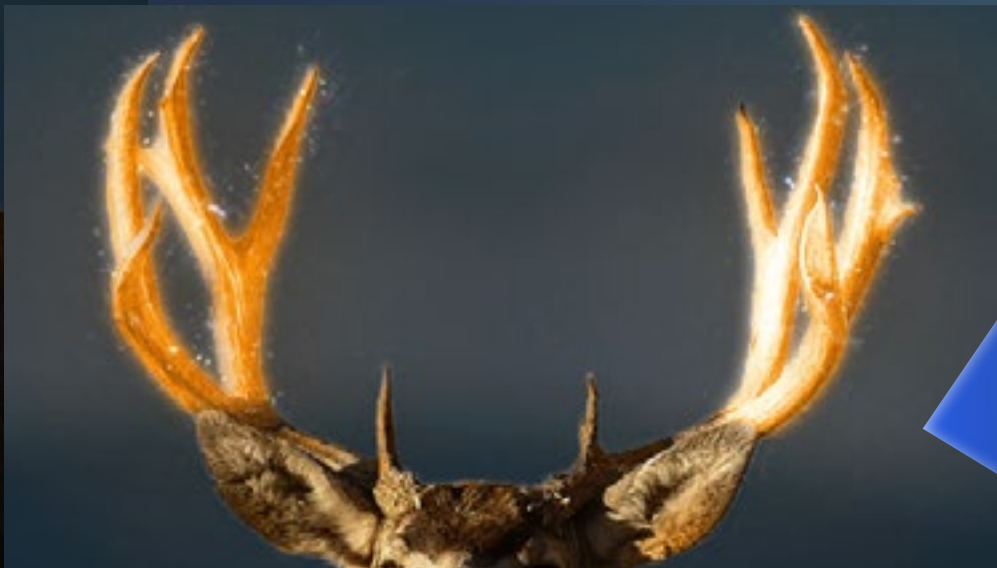




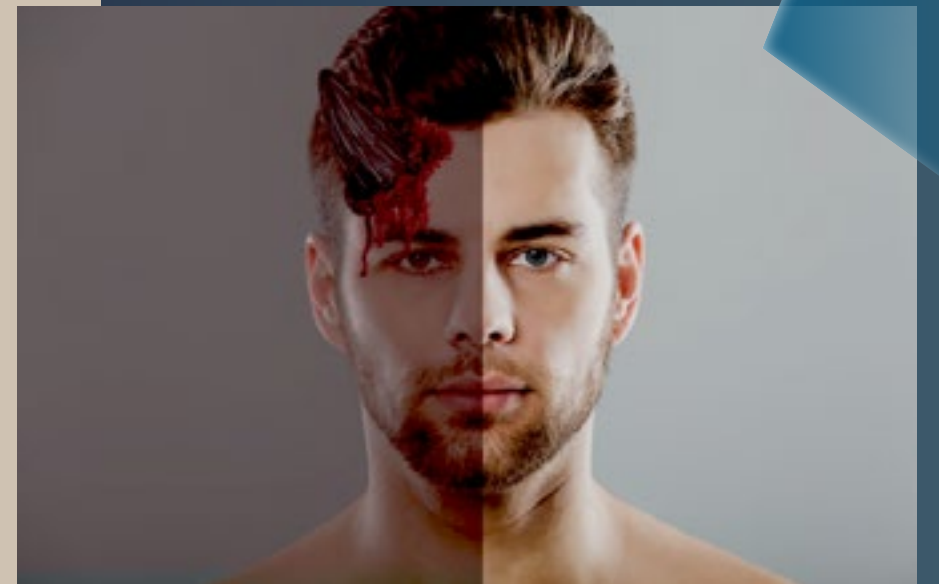
## T-Shirt Logo







## Editing







# Proclamation





 Invesery



Company-Icon





