

# 2016 GROUP PROGRAMS

FOR ALL GROUP INTAKE ENQUIRIES  
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## art 'scape

**art'scape** is a fun, social, art based group. The group is open to 18-25 years olds who would like to engage in creative activities such as jewellery, origami, candles, mosaics and more.

**Time:** Ongoing from early 2016.

## THE CREW

**The Crew** is a group of young people who may be disengaged from school and community and feel isolated. The young people meet weekly for a variety of activities, such as cooking, photography, training opportunities, volunteering, and to get support in finding a direction in life.

**Time:** Ongoing from early 2016.



**Grief Group** is targeted at young people aged 13-25 years who have experienced significant grief after the loss of a family member at any time in their life. The aim is to provide a safe and sacred space to honour and share memories of loved ones.

**Time:** Ongoing monthly from early 2016.

## chords



**Chords** is an opportunity for young people 12-25 years to undertake half hour guitar lessons from an experienced teacher. No past experience is required and young people have the opportunity to loan guitars for practice between lessons.

**Time:** Ongoing from early 2016.

## {girls with attitude}

FACILITATOR TRAINING

**Girls with Attitude (GWA)** is a self-discovery program for young women experiencing difficulties dealing with their emotions, struggling with significant relationships and other issues. The program has been running in the outer Eastern suburbs of Melbourne for more than 10 years with strong outcomes, feedback and evaluation. We are now offering a facilitator training package for teachers, student welfare staff, and other professionals working with young women who would like to run this sought-after program.

**Time:** Term 3.



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## treehouse

**Treehouse** is a therapeutic play-based program for primary-school aged children, who need some extra support with social skills, self-esteem, managing strong feelings and developing resilience. Treehouse will run every term but with different primary school aged groups.

**Time: Terms 1, 2, 3 & 4, after school. Different age each term.**

## REBOUND

**Rebound** is aimed at young people 13-15 years who are experiencing family issues which may put them at risk of leaving home, school disengagement and who have had some contact with the police.

**Time: Terms 1 & 3. During school hours, 8 sessions.**



**Mankind** is a fun, experience based program for young men aged between 13 and 16. It is a group for young men who might be having difficulty coping with complex feelings, poor self-esteem and/or managing relationships with family and friends.

**Time: Term 2, during school hours.**



**Shine** is a therapeutic group for young women aged 14-17 who are experiencing symptoms of depression and/or anxiety that is having an impact on their self esteem and relationships.

**Time: Terms 2 & 4, during school hours.**



A number of parenting seminars will be offered during 2016, each will be targeted towards a relevant issue for parents of children and adolescents in the region. Contact the team for further details on the current topic.

**Time: Terms 1, 2, 3 & 4. Topic will vary each term.**

## bringing up great kids

**Bringing Up Great Kids (BUGK)** is a Parenting Program using mindfulness and reflection to support parents as they review and enhance their patterns of communication with their children. The program is for parents/carers of children aged between 0-10yrs.

**Time: Terms 1 & 3. BUGK can also be run in collaboration with your agency/service. Please contact for further details.**