

Kariong, Kincumber and Erina Youth Centres operate programs and activities for young people from year 6 to the age of 18.

Activities vary each term and consist of a variety of recreational and educational programs and include sporting activities, art, craft, homework assistance, career guidance, gardening, music, recording, movie nights and cooking programs.

The Centres are staffed by qualified youth workers who can provide information, support, advocacy and referral to young people.

Programs:

All programs can be held at Kariong and Kincumber Youth Centres or in Schools within the Gosford LGA.

Young Women's program

Young Men's Program

Managing the Bull

Youth Fitness

RAGE

The following programs are held at the Hub located at Erina Fair

Rising Stars

**Let Me Entertain You
(Vocational Mentoring Program)**

Gosford City Youth Council

D.J. Workshops



For further information please contact:

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Gosford City Council

Youth Services School Programs



Young Men's Program

Cost: Free, (optional: School to provide snacks.)

This interactive program has been designed to address issues facing teenage boys today. The program is developed, facilitated and resourced by professional youth development workers based at Kariang & Kincumber Youth Centres. This five week program will be targeting issues of self esteem, health, group work, personal goals, bullying and healthy relationships and rage. This program is flexible to suit other identified issues.



Young Women's Program

This interactive program has been designed to address issues facing teenage girls today. The program is developed, facilitated and resourced by professional youth development workers based at Kariang & Kincumber Youth Centres. This five week program will be targeting issues of self esteem, health, nutrition, personal goals, bullying and healthy relationships, emotion management and body image. This program is flexible to suit other identified issues.



Managing the Bull

'Managing the Bull' is a 6-week course, that builds resilience in bullied teens through games, activities and discussions. Participants will learn to:

- > Recognise bullying
- > Build self esteem
- > Deal with cyber-bullying
- > Use personal protection plans
- > Discover inner strengths
- > Communicate effectively
- > Build support networks



RAGE

A six week anger management course for young people. RAGE is a strengths based solution focused program that is hands on, practical and also fun for kids. Parents, teachers, carers and the like have commented on how this course has helped them and their children deal with the most misunderstood human emotion, anger. The Session themes are:

- > The Many Faces of Anger
- > The 4T's Anger Cycle
- > Healthy Expressions of Anger
- > Getting Through the Guilt of Anger
- > Relaxation, Exercise and Diet
- > Summary, Evaluation & awards
- > Each session runs for 2 hours.



Youth Fitness

10 week fitness program for years 7 to 12.

Ideal group size: 10

Cost: \$40 per week per group

This program goes for 1.5 hours. All equipment provided.



Rising Stars

Trained by world champions the 'Rising Stars' program aims to build confidence self disciplining fitness and self defence.

Cost: Free

Ten week fitness program for years 7 to 12. This program goes for 1 hour per session.