

2020

SEMESTER 1 GROUP PROGRAMS

FOR ALL GROUP INTAKE ENQUIRIES

☎ 03 9871 1802 ✉ YOUTHANDFAMILYVIC@EACH.COM.AU



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.

Time: Terms 2 (after-school program). Age group yet to be confirmed. Referrals welcome.

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 or are likely to have contact with the police.

Time: Term 2

SHINE

Shine is a therapeutic group for young women aged 14-17 who are experiencing symptoms of depression and/or anxiety. The program focuses on assisting young women to improve self-esteem, self-confidence as well as strengthening their ability to manage strong emotions.

Time: Terms 2

THE CREW

The Crew – Boomerang Bags is a group of young people aged 15-25 years who have built a community around their shared concern for the environment and a desire for a safe space to be creative and connect with other young people. Sewing Boomerang Bags (reusable shopping bags) is a practical way to make a difference and promote important messages about reducing our footprint on the planet. If you want to make a difference, want a space to be creative, or just want to hang out with like minded people then come join us. We support and celebrate diversity among our members. Beginners welcome.

Time: Term 1

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THE GRAND PARENTING GROUP



The Grand Parenting Group is a support group for grandparents who are in a care role of their grandchildren; who may feel isolated or unsure of expectations in this role. The group provides an opportunity for grandparents to connect with others experiencing similar challenges. During the group we share stories, explore challenges/concerns and provide emotional support to one another.

Time: 2nd Tuesday of each month from March - July

Peaceful Kids



Peaceful Kids program is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in primary-school aged children. This program helps children to build their emotional resilience, so they are better equipped to deal with the day to day stressors that life brings them.

Time: Term 1 school holiday program. Age yet to be confirmed. Referrals welcome

{girls with attitude}

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 focuses on developing social skills, re-establishing and/or strengthening supportive connections with family and others, and acknowledging and understanding their thoughts, feelings and behaviours.

Time: Term 1

CYA



CYA (Choose Your Adventure) is a group for 15-25 year old's who are looking for Summer Holiday things to do. EACH Youth and Family team partner with young people and provide the opportunity to engage in the activities the young people choose whilst having fun and hanging out with other young people their age over Summer.

Time: Summer Holidays (between 21/12/2019 – 28/01/2020)