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AUBURN YOUTH CENTRE PSYCHO/EDUCATIONAL GROUPS 2022

EMPOWERMENT GROUP

Helps young people to build self-confidence and make better choices. It also helps them to understand themselves better and in turn better understand others. This group can be delivered over 5 weeks with the below topics or we can deliver one off workshops for any of the listed topics.

Topics:

- Relationships – how to build and maintain healthy relationships with others
- Effective Communication – Learn different styles of communication and how to effectively communicate with others
- Conflict management – Learn how to resolve conflict with others in an appropriate manner
- Mental Health – Topics include but not limited to:
 - What is mental health
 - Most common mental health issues
 - How to cope and manage living with a mental illness or living with someone who has a mental illness
 - Stigma related to mental health

All the above groups/workshops can be tailored to suit the participants or their identified needs. If any other topics have been identified as useful for the participants, we can produce the material to address these needs.

TRANSITION TO FURTHER STUDIES OR EMPLOYMENT PATHWAYS

This group is ideal for students in year 10 who are struggling to decide whether to continue onto years 11 & 12 or leave school to follow an employment pathway. The group is delivered over 4 weeks for 2 hours per week.

Topics:

- Obstacles, Choices & Consequences
- Self-confidence & self esteem
- Mental Health & teenagers
- Employment pathways

DECISION TIME

This group is aimed at students in year 10 and onwards. It is delivered over 8 weeks for 1.5 hours per week. The group is designed to promote and encourage rational and logical decision making. It will support young people to make better life choices by utilising a range of logic and problem solving skills that will be discussed throughout the program.

Topics:

- Why we make decisions the way we do
- Critical thinking
- Values and ethics of decision making
- Morality
- Stages of decision making

MENTAL HEALTH

Group programs related to mental health will be chosen to address the students identified needs. We can deliver a program over a period of 4-5 weeks or one off workshops.

Topics - examples which may be covered but not limited to are:

- Mental health illness including Anxiety, Depression, Stress and others
- How to identify
- How to cope/manage
- Cultural awareness
- Stigma
- Seeking help
- Emotions and emotional awareness

LOVE BITES

Love Bites is a Respectful Relationships Education Program for young people aged 15-17 years. It aims to raise awareness and change attitudes towards relationship violence and deconstruct the myths that exist in local communities. It aims to challenge gender stereotypes, values and attitudes that perpetuate male violence against women and model and promote healthy relationships.

The program involves interactive workshops on Relationship Violence and Sex and Relationships as well as creative workshops and the development of a “campaign” against relationship violence.

Love Bites is a flexible model with options to use a full day or multi session delivery approach. It is delivered by two or more trained AYC staff of different gender.

The program provides young people with a safe environment to examine, discuss and explore respectful relationships. The program takes a strength-based approach and views young people as active participants who are able to make choices for themselves and their relationships when supported with information and opportunity for skill development.

Topics – Relationship Violence

- safety and trust

- violence against women & children
- rights and responsibilities
- abuse in a relationship
- defining relationship violence
- different kinds of abusive behaviour
- being a bystander
- attitudes and beliefs

Topic - Sex and Relationship

- Unwritten sex rules
- victim blaming
- sexual assault
- truth and lies
- definitions of sexual assault
- NSW consent
- what would you do
- active by standing

This program is also available in Junior Love Bites and may be delivered to younger participants.

ROCK & WATER

Rock & Water is designed to enhance children and young people's resilience skills, develop their capacity to work effectively in a group situation and to stand with focus and determination as an individual. It can be used at primary and secondary school levels. The program is aimed at raising self-awareness of personal strengths and abilities and at learning how to play, work and live together with others in a changing, multicultural society.

What sets Rock & Water apart from other programs is its psycho-physical learning approach. The program includes the use of physical exercise, non-intrusive self-defence activities, group challenges, role plays, group discussions and debriefing exercises at the core of its learning process. The concepts 'rock' and 'water' are used as a metaphor throughout the program for young people to explore and choose different forms of communication (for example, does the situation require a rock attitude or water attitude).

- Practical anti bullying strategies
- Self-confidence, self-awareness and self-control
- Communication skills and interpretation of body language cues
- Alternatives to aggressive verbal and physical responses

- Thinking and being in control through grounding, centring and mental focus
- Boundary awareness
- Mindfulness strategies

Please note - AYC is able to design evidence based bespoke programs to meet the needs of young people and families.