

2019

GROUP PROGRAMS

FOR ALL GROUP INTAKE ENQUIRIES

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YOUR
VOICE 

Your Voice Program is an 8 week program designed to give young people aged 16-25 opportunities for training and personal development leading towards a project of their choice. Included is personal narrative training, public speaking and communication, event management, cultural training and self care.

Time: Term 1, 8 sessions

THE GRAND
PARENTING GROUP 

The Grand Parenting Group is a facilitated, open group, held monthly for grandparents. It's an opportunity for grandparents to get together, connect with other members of the community, and share grand parenting stories and ideas in an open, caring and respectful environment.

Time: Monthly, ongoing from March 2019.

Peaceful Kids 

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

Time: Terms 2 & 4 after school. Different age group each term.

{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 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.

 treehouse

Treehouse is a therapeutic program for primary-school aged children, who need some extra support with social skills, self-esteem, managing strong feelings and developing resilience. Children are able to develop their relationship skills in a non-confrontational way, while also allowing them to safely think about how they might cope with their own worries.

Time: Terms 1 & 3 after school. Different age group 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 2. During school hours, 8 sessions

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Wild was previously known as Rein it In. The focus of this Wild program for young people where there is conflict at home. Young people will be given preference where parents have completed Breaking the Cycle through Meridian (Anglicare).

Time: Term 3. One day a week and possible 5 day Journey



The Crew is a group of young people aged 16-25 who may be disengaged from school, community and peers. The Crew meets regularly for volunteering, training, planning events and projects, gaining real life experience and connecting with peers in a safe, inclusive environment. Individual support to attend can be provided.

Time, ongoing from early 2019.



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

Time: Terms 2 & 4.



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 0-10.

Time: Terms 1 & 3. BUGK can also be run in collaboration with your agency