

Lake Macquarie Youth Development Officer Update



COMMUNITY
ACTIVITIES
LAKE MACQUARIE INC

05/02/2014 2013

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In Focus

Welcome to 2014! I hope you all had a relaxing break and had the opportunity to catch up with family and friends.

By now the majority of us are back at work and getting settled into the new year. As you will see in this YDO Update there are a large number of training programs coming up over the next few weeks. Now is a great time to undertake some training before the year gets ahead of us. For those who still have transition funding from FACS to spend, there is a plethora of training options to choose from...or you can hold it for this years RYDON Conference.

The RYDON conference will celebrate its 25th year in 2014 and promises to be one filled with world class speakers, informative content and set in a great new location at Kurri Kurri Hospitality Academy. The theme this year is Bullying and Cyber Safety, a topic sure to provide something for Youth Workers, Teachers and Student Welfare Staff.

The RYDON Website is also receiving an exciting facelift. The new site will be up and running in February and will include an up to date and easy to navigate site with content specific for each LGA and a new online services directory.

This month Allambi Youth Services will host the opening Lake Macquarie Youth Interagency Meeting at their Charlestown site at 28 Fraser Parade. If you wish to highlight your service, program or a new resource please contact me asap.

Bradley Dunn

(Lake Macquarie Youth Development Project)

77 The Boulevarde, Toronto

Ph. 49503811 Mobile. 0426205064

Email. ydo@calm.org.au Hours: Mon-Thur 8-4

Services, Programs & Events

Free HSC Workshops - Term 1 2014 at The Place: Charlestown Community Centre

As part of our Study Space program, free HSC Skills Development Workshops were held here at The Place in November last year. Over 70 students, parents and teachers attended each of the HSC Workshops and the feedback from all participants was extremely positive. We are pleased to confirm that The Place will continue to offer these workshops twice per term during 2014. Details for Term 1 workshops can be found below.

Workshop 1: Stress Management & Caring for your Health

Monday 17th February 2014, 7:30pm – 9pm (doors open 7pm)

Workshop 2: Examination Preparation & Advanced Reading Skills

Monday 10th March 2014, 7:30pm – 9pm (doors open 7pm).

RSVP is essential, as workshops are limited to 70 participants. To book, please phone 4032 5500 or email: study@theplacecharlestown.org.au

Youth Interagency Calendar 2014

CYI	Combined Newcastle/Lake Macquarie Youth Interagency	Rotating Venue	10:00am
LMYI	Lake Macquarie Youth Interagency	Rotating Venue	10:00am
NYI	Newcastle Youth Interagency	Rotating Venue	10:00am
YAN	Youth Accommodation Network	Rotating Venue	10:00am
January	Thursday 23 rd	YAN	
February	Wednesday 19 th	LMYI @ Allambi Youth Services, 28 Fraser Pde Charlestown	
	Thursday 27 th	NYI	
March	Thursday 20 th	CYI	
	Friday 21 st	Harmony Day	
April	4 th to 13 th	National Youth Week	
	Wednesday 9 th	Youth Homelessness Matters Day	
	Thursday 17 th	YAN	
May	Wednesday 14 th	LMYI	
	Thursday 22 nd	NYI	
June	Thursday 19 th	CYI	
	Monday 23 rd & Tuesday 24 th	RYDON conference	
July	Sunday 6 th – Sunday 13 th	NAIDOC Week	
	Thursday 24 th	YAN	
August	Tuesday 5 th	Hunter Homeless Connect Day	
	Wednesday 20 th	LMYI	
	Thursday 21 st	NYI	
	Friday 29 th	Wear It Purple Day	
September	Thursday 18 th	CYI	
October	Thursday 23 rd	YAN	
November	Wednesday 19 th	LMYI (Youth on the Move) Northlakes YC	
	Thursday 27 th	NYI	
December	Wednesday 10 th	Sector Celebration Held in Newcastle LGA	

Professional Development

Linking Up for Kids Conference 2014

This unique conference aims to showcase innovations, models, programs and activities that enhance the health and wellbeing of children and youth through forging partnerships between health and education service providers.

Date: 14 - 15 April 2014

Venue: The Menzies Hotel, Sydney

Cost: Early Bird Member \$690, Non Member \$790 (Closes 02/03/2014)

Contact: Email: nikki.abercrombie@aracy.org.au Phone: 0418 283 397

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

2-day workshop: learn to recognise when someone may be at risk of suicide, to respond in ways that help increase immediate safety, and to link to help. Next in Newcastle: **11-12 February, 12-13 March**

MINDFULNESS SELF-CARE SANCTUARIES

with Mindfulness coach Charlotte Tharuup-Owen. The work that many of us do can be an emotional roller coaster that can take its toll: hence self-care is essential. Mindfulness builds and supports resilience, clear thinking, effectiveness and fulfilment in our work. 2014 series: **14 March Gratitude Day; 16 May Day of Compassion; 18-19 July Grand Mind Design; 12 September Day of Inner Peace.** Ask about a package discount.

ACCIDENTAL COUNSELLOR: DAY 1 FOUNDATIONS and DAY 2 ADVANCED

This training is booked as two separate days. Prerequisite for attending Day 2 is having attended Day 1, but not necessarily consecutively. Plan ahead by attending Foundations in one month, Advanced in another. Workplaces can book this for staff as a 2-day workshop or as separate days. **Foundations 24 February, 27 March; 29 April; Advanced 25 February, 28 March, 30 April**

BITE-SIZE MINDFULNESS FOR BEGINNERS

Trevor Jones is an experienced mindfulness-based meditation coach trained by the Gawler Foundation. For those who have viewed mindfulness or meditation as elusive, Trevor unravels the mysteries as he walks us through bite-size elements of practice toward integration into daily life. Introductory session to series is free (**two series beginning: 22 February, 7 June**) and you need to register online. For those who continue with our bite-size series, \$150 covers attendance at consecutive Saturday sessions.

MENTAL HEALTH FIRST AID

2-day workshop to assist someone dealing with a mental health problem or in a mental health crisis until appropriate professional treatment is received or until the crisis resolves. **Next: 18-19 March**

DV-ALERT TAILORED WORKSHOPS: DOMESTIC VIOLENCE RESPONSE TRAINING

2-day workshop provides health and allied health workers with skills to recognise, respond and refer those experiencing domestic or family violence. Apply for a free workshop for your workplace of 10 or more participants.

For enquiries on any of these training courses contact **Lifeline Newcastle & Hunter Training Division** <http://www.lifelinehunter.org.au/index.php/training-calendar> Book online through stickytickets or request an invoice

Self Harm & Suicide Prevention - Expression of Interest

Leading presenter Garry King has expressed an interest in conducting a workshop on Self Harm & Suicide Prevention in Lake Macquarie. This workshop will give participants knowledge of risk and protective factors for young people in relationship to self harm / self injury. It will give insights into the reasons young people undertake this behaviour. It will also give specific practical strategies that participants will be able to utilise in their daily work with young people - firstly, in building protective factors for all young people and secondly, in working with young people that have commenced self harm /self injury.

Please inform me if you are interested in attending this training by emailing ydo@calm.org.au

Professional Development

Effective Men's Group Programs

Friday February 28 9.00 am – 12.30 pm

Upper Hunter Room 1, Travelodge King Street Newcastle

Are you wanting to or currently running a men's group program? Want to know more about how to make your group program more effective? This new half day training program is designed for men and women who work in organisations, services and companies that provide health, welfare, wellbeing or community services for men through group work sessions or programs. The focus will be on how we can more effectively communicate health and wellbeing messages to men by way of group programs. The training will provide a brief overview of how best to work with men in group situations and how to make your men's programs more effective and fun. It will cover 3 key areas:

- GETTING MORE MEN INVOLVED

A sharing of ideas of what works and what doesn't in promoting a men's program.

- RUNNING YOUR MEN'S PROGRAM

Types of men's programs and some basic tools for running them and tips for women running men's groups.

- A BIT OF MAINTENANCE

Keeping things running smoothly and creating new ideas for activities for your group program.

COST \$130 for half day of training, group training resources, refreshments plus 3 month follow up support with your program.

To register email Greg Millan at training@menshealthservices.com.au or ring 0417 772 390 for more information.

NSW Disability Services Standards state-wide Training

Newcastle/Gosford, 25 February 2014. Go to the following website to register:

<http://survey.nousgroup.com.au/s3/NSW-DSS-Training-Registration>

Training opportunities for NGOs that receive funding by Community Services

Course name: Case Management: An Introduction Part 1

Date: 18/2/14 – 19/2/14

Location: WEA Hunter Adult Education & Training Centre, Newcastle

Below is a list of training programs provided by Dept. of Family & Community Services. A registration form is attached. All courses are FREE of charge.

Course Code	Course	Location	Date
130045	Identify & Respond to Risk of Harm	Newcastle	10-11 Feb
130051	Case Management Intro (Part 1)	Newcastle	18-19 Feb
130013	Child Protection Dynamics	Newcastle	3-5 March
130052	Case Management: Best Practice (Part 2)	Newcastle	20-Mar
130064	Identify & Respond to Risk of Harm	Maitland	1-2 April
130068	Case Management Intro (Part 1)	Maitland	6-7 May
130074	Identify & Respond to Risk of Harm	Newcastle	27-28 May
130075	Case Management: Best Practice (Part 2)	Maitland	3-Jun
130076	Child Protection Dynamics	Newcastle	23-25 June

Funding / Scholarships / Competitions

Coca Cola Australia Foundation (DGR Status Required)

The Coca-Cola Australia Foundation (CCAF) welcomes Community Grant applications all year round.

Community grants are one-off grants up to \$10,000.

Programmes addressing marginalisation should focus on achieving tangible outcomes in one or more of three core areas:

- Education – providing & enhancing basic skills to assist young people in improving their day-to-day lives.
- Leadership – enabling young people to develop confidence & leadership skills for their future.
- Wellbeing – promoting the physical fitness, nutrition education, mental health &/or social wellbeing of young people.

Go to <http://assets.coca-colacompany.com/99/f5/136bb9264aa9851d732a01304491/community-grant-application-form.pdf>

For enquiries please contact **Lee Findlay** at lee.findlay@ccamatil.com or on **(02) 9259 6532**.

Scanlon Foundation Community Grants EOI [DGR status required]

The Scanlon Foundation is seeking to support projects that meet the Foundation's Social Cohesion focus through:

- Multicultural Community-based organisations providing initiatives aimed at contributing to the Foundation's mission, and

- Ideas at the early stage of their development which may lead to an ongoing relationship and a future more significant level of funding support for projects over a number of years

Grants between **\$5,000 to \$20,000** for projects aimed at the following areas; Awareness, Social Development and Potential of Youth are invited to submit an Expression of Interest. The Foundation through this initial grant giving experience seeks to identify organisations with a shared mission and proven organisational capabilities that they might approach in future to invite innovative and creative project opportunities for multi-year funding through the development of a detailed Business Plan.

EOI closes: 28 February 2014.

More Information: <http://scanlonfoundation.org.au/grantapplications.html>

EOI: The Ian Potter Foundation 50th Anniversary Commemorative Grants [DGR status required]

Program Rationale: To enable innovative and transformative ideas that foster positive change in the Australian community, and to support proposals that aim to achieve transformative change with practical, sustainable results, and which will have long-term impact. The Foundation has identified two themes that reflect areas it believes have particular potential to bring about positive change and/or have the greatest need: Building Communities and Effective Organisations. Grants of between \$200,000 and \$500,000 are available.

EOI close: 25 February 2014.

<http://www.ianpotter.org.au/50th-anniversary-commemorative-grants>

Small Grants Program - Mercy Foundation

Small grants are provided for a range of social justice and community initiatives and are not limited to a focus on homelessness. Funding is between \$2,500 and \$5,000. Priority will be given to small organisations and those groups that receive no other funding. The Small Grants Program provides seed funding and prioritises those activities and projects which focus on addressing disadvantage in regards to women and children. The types of project areas that may be funded include: poverty, domestic violence, women's groups and activities, activities that focus on assisting children, women and/or children with disability, mental health and addictions. However, the Small Grants Program are not limited to these areas and these are only provided as a guide.

Applications close: 31 March 2014.

More Information: <http://www.mercyfoundation.com.au/grants/index.cfm?loadref=18>

Law and Justice Foundation of NSW General Grants 2014 – Round 1

This program supports community projects that improve access to justice, particularly for socially and economically disadvantaged people. The Foundation is looking for applications for projects from which lessons will be learned that contribute to identifying effective reforms, initiatives and programs to address legal need. The next round of applications is for general grants to up to \$50,000. Contact the Grants and Legal Information Manager, Jane Kenny, ph 8227 3210 at least six weeks before the closing date.

Applications close: 21 March 2014

More Information: <http://www.lawfoundation.net.au/grants>

Legal Matters

Legal Aid Training Calendar

Care and protection Tuesday 18 February 9:30am – 12:30pm Gosford

This workshop will cover the law and the Children's Court processes involved when Community Services assess that children are in need of care and protection.

Social security Wednesday 26 February 12:30pm – 3:30pm Newcastle

This workshop will include an overview of the social security system, Centrelink debts and other common problems (e.g. DSP, compensation) and review rights.

Family law Thursday 6 March 12:30pm – 3:30pm Maitland

This workshop will cover separation and divorce, de facto relationships, arrangements for children, family dispute resolution and property settlements.

Criminal justice system Wednesday 2 April 12:30pm – 3:30pm Gosford

This workshop will provide an overview of the criminal justice system in New South Wales for adults.

Child support Tuesday 6 May 9:30am – 12:30pm Newcastle

This workshop will look at how child support works and some common problems people might have either obtaining or paying child support. Topics covered include proof of parentage, the child support formula, and dealing with the Child Support Agency

Young people and the law Thursday 22 May 12:30pm – 3:30pm Maitland

This workshop will cover the functions of the Children's Court (criminal jurisdiction) including sentencing and diversionary options.

What is civil law Wednesday 11 June 9:30am – 12:30pm Gosford

This workshop will provide an overview of different types of civil law problems in everyday life and referral pathways.

Care and protection Wednesday 18 June 9:30am – 12:30pm Newcastle

This workshop will cover the law and the Children's Court processes involved when Community Services assess that children are in need of care and protection.

How to register:

- Online: www.legalaid.nsw.gov.au/register
- Email: cle@legalaid.nsw.gov.au
- Phone: 02 9219 5879

Court and Police Station Workshop

A free workshop for youth workers who are interested in learning about supporting young people when they face the criminal justice system. An opportunity to meet the Legal Aid NSW Children's Legal Services Solicitor who will attend the Children's Courts in Broadmeadow, Woy Woy and Wyong. This workshop will be presented by Nadine Miles, the Solicitor in Charge of the Legal Aid NSW office in Newcastle.

Kurri Kurri Community Centre, 251 Lang Street, Kurri Kurri, 27 February 2014, 11am-3.30pm. Limited Places: RSVP and indicate any specific dietary requirements by 18 February 2014: Lakin Agnew, mobile: 0438 636 009, email: ydo@kkcc.com.au

Work Development Order (WDO) projects

Stephanie Steiner, WDO Solicitor with Legal Aid, has offered to take part in events which are suitable to promote WDOs in the Hunter until the end of June 2014. She is thinking of fines and WDO outreach clinics in late May.

If you can think of any event or if your organisation has clients who would like to learn more about WDOs and how to deal with fines contact Susan Wilcox 49270111 or susan.wilcox@da.org.au. Susan has invited Stephanie to the next CLSD meeting on 6 March 2014. This will give you the opportunity to discuss any project with her in person.

Information, Research & Resources

Hunter Aboriginal Hip Hop Resource

It is with great pleasure that we advise the Hunter Aboriginal Hip Hop DVD resource is now available. This resource has been produced by Family Planning NSW in partnership with HNELHD Aboriginal Health Unit, Northlakes Youth project and students from Glendale High. The resource is a Hip Hop song with a sexual health message. This resource is a great example of sexual and reproductive educational outcomes for young people as well as showcasing the talents of young people in the Hunter. You can view the clip at <http://www.youtube.com/FPNSW> Family Planning NSW Hunter centre has a small number of copies for anyone interested in using this resource with young people. This resource will make a great tool for starting reproductive and sexual health discussions with young people. Contact Claire Swan at claires@fpnsw.org.au

Youth Action- Policy paper on Juvenile Justice systems

Youth Action have captured evidence that tells us that locking young people up in the juvenile justice system is both costly and ineffective in reducing crime. Youth Action's policy paper captures up to date research from Australian and internationally to produce a coherent step-by-step process to reduce crime and promote positive alternatives for young people, particularly in rural and remote areas. However, in reality, it is unlikely that the juvenile justice system will be taken apart any time soon. With that in mind, Youth Action's policy paper on effective programs for young people in juvenile justice programs and post-release unpacks what we know works to reduce the likelihood that young people will reoffend and to improve these young people's lives.

<http://youthaction.org.au/wp-content/uploads/2013/12/Youth-Action-Position-Paper-Justice-Reinvestment.pdf>

Hunter Partners in Recovery – Medicare Locals

The program aims to support people with severe and persistent mental illness with complex needs. For more information go to the following website: <http://www.hunterpir.com.au/>

Online referral form: <http://www.hunterpir.com.au/referral-form>

The low down on Alcohol – Headspace

A video about drinking: <http://www.youtube.com/watch?v=wWbx1F3TRpw&feature=youtu.be>

More resources about alcohol and binge drinking: <http://www.headspace.org.au/is-it-just-me/find-information/alcohol-binge-drinking>

Helping young mothers at risk of mental illness

A new website: <http://ivebeenthere.org.au/>

Go to the following website for the Media Release of the website: http://www.health.nsw.gov.au/news/Documents/20131118_18.pdf

Information about workplace bullying

<http://www.safeworkaustralia.gov.au/sites/swa/model-whs-laws/faqs/pages/workplace-bullying-faqs>

Teach Students Link between Thinking Patterns, Emotions & Behavior

Adding a mental health component to school-based health education programs could enhance health behaviors, reduce depression and improve grades. Researchers from The Ohio State University College of Nursing found that a program called COPE: (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise, Nutrition) had a beneficial outcome for several health and behavioral factors.

<http://psychcentral.com/news/2013/09/11/mental-health-in-high-school-teach-students-link-between-thinking-patterns-emotions-behavior/59410.html>

Proactive Grief Recovery: An ideal or a great idea?

With recent focus on emotional intelligence, it seems now is the perfect time to analyse whether we are doing enough in classrooms to support our children through the process of grief recovery. As an educator, I believe our Early Childhood, Primary and Secondary Institutions should be implementing (PGR) Proactive Grief Recover – addressing grief related issues on a regular basis – not just when our children are finding it difficult to cope. I believe PGR should be an integral component of our curriculums, assisting our children in developing knowledge, skills and attitudes needed for moving beyond grief.

<http://www.generationnext.com.au/2013/09/proactive-grief-recovery-ideal-great-idea/>

Grow A Star Program—Compass Housing

What is the Grow A Star Program?

- A new, exciting youth orientated initiative driven by Compass Housing Services!
- Focused on sporting programs, music activities and academic opportunities.

What does it involve?

- Weekly group activities – structured and unstructured sports & music coaching, games and fun in your local area.
- Mentors and role models who provide coaching, direction and set an example for behaviour, participation and skill development.
- Talent identification – we utilise our expert directors and mentors to identify talented athletes, musicians and students.

We then arrange scholarships and talent development programs for these participants, to maximise their gifts and abilities.

How much does it cost?

- The Grow A Star Program is free!
- All sporting equipment is provided, along with coaching and refereeing.

Contact Us

Compass Housing Services Pty Ltd Suite 1, 44-46 Beaumont Street, Hamilton, NSW, Australia 2303

Phone: 02 4920 2600 Fax: 02 49615250 Email: info@growastar.com.au (for all general enquiries)

Internet safety flyers – Telstra

Go to: http://www.telstra.com.au/abouttelstra/advice/internet/?utm_source=ADfV+Clearinghouse+Enews+Subscriber+List&utm_campaign=362f556dd0-eNews_March_20131_30_2013&utm_medium=email&utm_term=0_78ab4767ff-362f556dd0-38319245

New Video to raise awareness about Domestic Violence – NSW Police

Go to: http://www.youtube.com/watch?v=YHuUTkuV_H8

Supporting families as they manage separation and divorce

In Australia nearly one in two marriages end in separation and divorce. This directly impacts many children in our schools and adults in our workplaces, parishes and social networks, and quite possibly our own family too. Coping with the family changes that result can be challenging for children and their parents, and for those supporting the family including relatives, friends, work colleagues and school staff. Some knowledge and understanding of what children and young people are dealing with can help us to provide the right kinds of support, when and where it is needed.

<http://www.generationnext.com.au/2013/09/supporting-families-manage-separation-divorce/>

Caffeine concern over teens and energy drinks

One in three teenagers may be consuming the equivalent of 10 instant coffees a day in energy drinks that can cause insomnia, anxiety and heart problems, a leading sleep expert says.

A survey of 110 patients conducted by Chris Seaton, a paediatric sleep specialist from the Westmead Children's Hospital, found 35 per cent of teenagers consume at least two energy drinks a day.

A daily dose of caffeine should not exceed 200 to 300 milligrams, yet a 500 millilitre serving of Mother, Monster or Red Bull contains 160 milligrams of caffeine, and some teens drink three a day. "They are getting into it before school," Dr Seaton said. Health professionals are calling for tighter regulations on the availability of energy drinks which, with sales of \$593 million a year, make up the fastest growing beverage sector.

<http://www.generationnext.com.au/2013/09/caffeine-concern-teens-energy-drinks/>

Action call as social media marketing of alcohol reeling in young audience

Alcohol companies are using Twitter to plug their products to a young and potentially underage audience, prompting calls for greater regulation of social media.

<http://www.generationnext.com.au/2013/09/action-call-social-media-marketing-alcohol-reeling-young-audience/>

In Focus

Eastlakes Youth Centre

Eastlakes YC supports young people aged 12 to 18 years.

Swansea Youth Centre, Pacific Hwy
Mondays 3pm-5pm 49721111

Windale Community Hall

Tuesday 2:00pm - 5pm 40267573

The Place, Charlestown Square
Thursday 6:30pm - 9pm 49721111

A free drop-in style youth centre. Young people aged 12 years to 18 years are invited to attend.

- Free music
- Free food
- Free pool tables
- Free table tennis
- Free foosball
- Lounge areas
- Games and special events

A youth worker is in Swansea, Belmont, Hunter Sports, Whitebridge and Warners Bay High Schools 1 day a week doing casework with selected students.

Walk on the positive side program is a 13 week program that runs for 2 hours each week. Young people develop knowledge and a greater understanding of how to build and maintain healthy relationships both personal and within the community. Aimed at young people aged 12 to 18 Programs operate in Warners Bay, Windale, Belmont and Swansea. Enrolments are now open for February 2014 programs. Contact Jenny for Referral forms.

For further information please call
Jenny Pilgrim 4972 1111

Please forward your current programming, services and timetable for addition to the In Focus section of the YDO Update!

Southlakes Youth Centre

Fishery Point Rd, Bonnells Bay

49735125

Provides general counseling, social and recreational activities, information, education, leadership development, mentoring, peer support activities and group work, referral and advocacy for 12 – 18 year olds who live in the Southlakes area. Regular activities include a youth group, drop-in centre, school holiday outings, a young mum's group, parenting classes and school based programs at Morisset High.

Northlakes Youth Project

Cnr Main & Minmi Rd, Edgeworth

49588648

Gardening Program Thursday mornings

Youth Group Tuesdays 3:30pm-6pm

Toronto West Youth Group

Keith Barry Oval, Toronto West

0409154392

Monday/Wednesday 2pm - 7pm

Social and recreational activities, support and information for 12-25 years

The Place: Charlestown Community Centre

Young Parents Support Group

A fun group for young parents

(26 years old and under) to meet, socialise & share information.

12:30pm - 3pm on Friday afternoons.

Eastlakes Youth Centre

Chill out at The Place on Thursday nights with Eastlakes Youth Centre.

Entry is free, and there's free pool, table tennis, games, food & music.

6.30pm - 9pm Thursday nights.

House

Live music, crazy challenges, stacks of people and heaps of energy.

Hosted by God's House, from 6.45pm on Friday nights during school terms.

Multicultural Neighbourhood Centre

Homework Centre: For primary and high school students with multicultural background parents, Every Tuesday and Wednesday during school term, starting 15th October from 3:30pm -5:30pm