

# Lake Macquarie Youth Development Officer Update



COMMUNITY  
ACTIVITIES  
LAKE MACQUARIE INC

06/03/2014

VOLUME 5, ISSUE 8

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## In Focus

## Following the February Youth

Interagency I am becoming increasingly concerned about the level of collaboration between services in our region. Over the past three years I have fielded several concerns from services about the need to improve the way we as youth services work with each other to support young people in our local area. Despite these raised concerns it is apparent that we as a sector are continuing to work in 'silo's' and separate from other services.

The main reason for my concern here is that we have been 'transitioning' for the past three years and are about to move into a new funding period with many services about to renegotiate their service specifications through our primary funding body FaCS. Without demonstrating that we are able to work collaboratively and adapt to the new model of EIPP Youth & Family Services I hold genuine fear of how this will reflect on service funding levels come financial year 2014/15.

I would once again urge every service to evaluate their current service level and look closely at how they are meeting the needs of their client group. There are several ways we can adapt and evolve without losing the focus on who we are as a service. What are the main concerns being presented by your client group?. Do you have the capacity to work effectively with the concerns presented? Who can you connect with to not only assist your clients, but also your staff and your service to develop, learn and expand your capacity to engage effectively with your clients and your wider community? What does your network look like? What does your client transition plan look like? These are questions I am happy to work with you on finding the answers to.

Bradley Dunn

(Lake Macquarie Youth Development Project)

77 The Boulevard, Toronto

Ph. 49503811 Mobile. 0426205064

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

## Services, Programs & Events

### HSC Workshop - Examination Preparation & Advanced Reading Skills @ The Place: Charlestown Community Centre

Monday 10<sup>th</sup> 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](mailto:study@theplacecharlestown.org.au)

### Skateboarding Australia Skate Clinic

These are **FREE** learn to skateboard clinics run through Dep't of Sport & Rec NSW in partnership with Skateboarding Australia.

**Venue:** Croudace Bay Skate Park

**Date:** 15 March 2014

**Time:** 10am—12noon

**Contact:** Young people register at SbA website <http://www.sba.org.au/NSW-HUBS/hunter-hub> or on the day.

### FREE student workshop with leading Australian playwrights

All high schools in the Hunter, Upper Hunter, Central Coast, Port Stephens, Great Lakes and surrounding regions are invited to choose two student representatives from their Year 11 drama class to attend a FREE interactive scriptwriting workshop with two of Australia's leading playwrights, Suzie Miller and Caleb Lewis. The workshop will provide students and teachers with invaluable guidance to devise a quality, original dramatic work that accurately and sensitively portrays a mental health related issue.

**Venue:** Tantrum Theatre, 48 Watt St, Newcastle 2300

**Date:** Friday 4 April 2014

**Time:** 9:30am until 3pm

**Cost:** Attendance at the workshop is FREE. Morning tea and lunch will be provided for all participants.

**Attendees:** Drama teacher and TWO nominated Year 11 drama students to act as the representative for their drama class.

**Contact:** Kim McNaughton on 02 4924 9633 or [Kim.McNaughton@hnehealth.nsw.gov.au](mailto:Kim.McNaughton@hnehealth.nsw.gov.au) by 21 March.

### FREE MOVIE & FOOD!!! "The Amazing Spider Man 2"

ARE YOU AGED 16 – 18 YEARS? Do you help look after a Family Member or Friend who has a disability, mental illness or chronic condition? Then...Chill Out at the Movies

**Venue:** Event Cinemas, Stockland Drive, Stockland Super Centre, Glendale

**Date:** Saturday 24th May 2014

**Time:** 12.00pm in Foyer for Lunch

**Cost:** FREE!! – Includes Movie & Hot Finger Food

**RSVP:** ESSENTIAL - Monday 19th May 2014

**Contact** Email: [Educare-Admin@hnehealth.nsw.gov.au](mailto:Educare-Admin@hnehealth.nsw.gov.au) Ph: 4921 4895 or Text: 0407 938 572

## Professional Development

### Youth Health Forum—Violence: responses, prevention and intervention

Youth Health Forums are stimulating half-day forums cover a wide range of adolescent health and well-being issues, appealing to health, education, community, welfare professionals and students. The Forum provides opportunity for attendees to meet, update knowledge and skills, exchange information and strengthen the youth health network, in order to provide the best possible support for young people in NSW. At this Forum, we will look at violence in young people's lives.

**Date:** 26 March 2014

**Time:** 8.30am -12.30pm

**Venue:** Lorimer Dods Lecture Theatre, The Children's Hospital at Westmead

RSVP: Friday 21 March 2014

#### Registration enquiries:

Marney 02 9526 1221, email: [helpline@vmsconferences.com.au](mailto:helpline@vmsconferences.com.au) or via [www.caah.chw.edu.au](http://www.caah.chw.edu.au)

### 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](mailto:nikki.abercrombie@aracy.org.au) Phone: 0418 283 397

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### 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 27 March; 29 April; Advanced 25 February, 28 March, 30 April**

### 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**

For enquiries on any of these training courses contact **Lifeline Newcastle & Hunter Training Division** <http://www.lifelinehunter.org.au/index.php/training-calendar>

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### Australian Implementation Conference (AIC): Solving complex implementation problems

The goal of the conference is to help advance implementation science, practice, and policy to improve the implementation of policies and programs to more effectively deliver better health, education and wellbeing outcomes for individuals and families in Australia and our surrounding regions.

**Date:** 17 - 18 September 2014

**Venue:** Sheraton on the Park, Sydney

**Cost:** Early Bird Member\$750, Non Member \$850 (Closes 03/08/2014)

**Contact:** Nikki Abercrombie T: 02 6248 2400 M: 0418 283397 Email: [nikki.abercrombie@aracy.org.au](mailto:nikki.abercrombie@aracy.org.au)

## Professional Development

### Emerging Trends in Adolescent Addiction Workshop

The workshop will address: Latest knowledge in the area of adolescent addiction; The changing face of addiction; Useful skills and strategies for assessment and management using real life scenarios; Problem solving difficult treatment issues; Multidisciplinary perspectives in the field

**Date:** Friday April 4, 2014

**Time:** 8:30 Registration

**Venue:** Function Room, Level 1, The Children's Hospital at Westmead

**Cost:** \$180 (inc. GST) Registration closes 28th March 2014

**Enquiries:** Ronalda Hoffman (02) 9845 2446 [ronalda.hoffman@health.nsw.gov.au](mailto:ronalda.hoffman@health.nsw.gov.au)

### DRUMBEAT - 2014 PROFESSIONAL DEVELOPMENT WORKSHOPS IN NSW

**WHO SHOULD ATTEND?** Service providers working in Youth Support, Education, Child Protection, Mental Health and those providing rehabilitation programs in Juvenile Justice and Drug and Alcohol Services. Anyone interested in the health and well being of adolescent boys and girls in their community are welcome to register.

#### WHAT MAKES THIS PROGRAM DIFFERENT TO OTHER RESILIENCE PROGRAMS?

- Provides a unique approach through rhythm and the drum circle to explore relationship issues.
- An evidence based, early intervention program that teaches how hand drumming can engage participants in a co-operative group process.
- Targets a number of recognised 'risk factors' which act to increase the likelihood of a range of detrimental outcomes including alienation, bullying, behavioural issues, problematic drug and alcohol use, criminal activity and mental health issues.
- Developed to reach those people for whom talk based therapies were confronting.

#### WORKSHOP DETAILS:

**WHEN :** 26 - 28 May      **WHERE:** Central Coast within 30min radius of CBD .

**WHEN :** 15 – 17 September      **WHERE:** Newcastle - within 30min radius of CBD

(visit our website for venue updates)

FOR DATES, LOCATIONS AND TO REGISTER GO TO : [www.newcastle.edu.au/drumbeat](http://www.newcastle.edu.au/drumbeat)

**COSTS:** \$ 895.00 pp (incl. gst, catering & manuals) or

\$1090.00 pp (incl. gst, catering, manuals, instructional DVD & educational posters)

REFRESHERS AVAILABLE: (conditions apply)

1 Day Refresher Program \$295 per person (incl. gst) Attend 3rd Day of 3 day workshop

3 Day Refresher Program \$550 per person (incl. gst) Attend 3 day workshop

For all workshop enquiries, contact the Events Team | p. 02 4921 6403 | f. 02 4921 8686 | e. [FAC-events@newcastle.edu.au](mailto:FAC-events@newcastle.edu.au) | w. [www.newcastle.edu.au/fac](http://www.newcastle.edu.au/fac)

## **Funding / Scholarships / Competitions**

### **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>

### **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>

### **Commonwealth Bank Staff Community Fund – 2014 Grants program**

Since 1917 our Staff Community Fund has been supporting the health and wellbeing of Australian children. Thanks to the generosity of our staff who donate to the Staff Community Fund, we are able to assist thousands of Aussie kids each year. In 2014 we are awarding \$2 million, in grants of up to \$10,000 to youth-focused community organisations across Australia.

The Grants program commenced in 2007 and has since awarded grants of up to \$10,000 to more than 900 organisations, totalling more than \$7.6million. Grants allow staff to give back to the communities we live and work in by awarding funding to local charities in these communities. Would you know a community group that would like to apply? Applications are currently open for our 2014 Community Grant's program. For information on how to apply, visit [www.commbank.com.au/grants](http://www.commbank.com.au/grants) >. Applications close on Friday 14 March 2014.

### **Newcastle Permanent Charitable Foundation Community Grants Workshop**

As a not-for-profit organisation operating in the Hunter region you may be eligible for funding through the Newcastle Permanent Charitable Foundation (Charitable Foundation). The Charitable Foundation was established by Newcastle Permanent Building Society in 2003 and since this time has provided over \$11 million in grants to not-for-profit organisations just like yours. Find out how to apply for funding for your community project or program. You are invited to our free two hour workshop to help you understand how the Charitable Foundation works, how you can apply for funds for your important community project and how the applications are assessed. Staff from the Charitable Foundation will answer questions you may have and there will be time to network with other not-for-profit and charitable organisations. Details of the seminar are below:

Date: Tuesday 11th March 2014

Time: 10am – 12pm

Venue: Cessnock Leagues Club 1 Darwin Street, Cessnock

Morning tea and lunch will be provided.

Don't delay, reserve your seat today!

To attend this seminar, please RSVP by Monday 3rd March 2014 by calling Sally Crawford on (02) 4927 4207 or email [sally.crawford@newcastlepermanent.com.au](mailto:sally.crawford@newcastlepermanent.com.au)

## Legal Matters

### Law for Community workers – Legal Aid NSW

- o Social Security: **Newcastle**, 26 February 2014
- o Family Law: **Maitland**, 6 March 2014
- o Child Support: **Newcastle**, 6 May 2014
- o Young people and the law: **Maitland**, 22 May 2014
- o Care and protection: **Newcastle**, 18 June 2014

For more information go to [http://www.legalaid.nsw.gov.au/\\_data/assets/pdf\\_file/0003/18426/LCW-Calendar-Feb-Jun-2014-Hunter.pdf](http://www.legalaid.nsw.gov.au/_data/assets/pdf_file/0003/18426/LCW-Calendar-Feb-Jun-2014-Hunter.pdf)

### Cybersmart

A website for kids, schools and parents about cyberbullying and internet safety: <http://www.cybersmart.gov.au/>

### Website of NSW Civil & Administrative Tribunal (NCAT)

NCAT commenced operating on 1 January 2014. See the website for information and application form: <http://www.ncat.nsw.gov.au/ncat/index.html>

### Rest assured: a legal guide to wills, estates and funerals in NSW

A book by Rosemary Long and Trudy Coffey. You can borrow it from your local library or read online: [http://www.legalanswers.sl.nsw.gov.au/guides/wills\\_estates/](http://www.legalanswers.sl.nsw.gov.au/guides/wills_estates/)

### Domestic Violence and renting

A booklet by Hawkesbury Nepean Community Legal Centre. Go to the following website: <http://www.hnclc.net.au/SiteMedia/w3svc742/Uploads/Documents/DVA%20Booklet%202012.pdf>

### Respect my decisions: it's my right

A guide to advanced end-of-life care planning for gay, lesbian, bisexual, transgender & intersex people. <http://scu.edu.au/aslarc/index.php/8>

### How laws are made - LIAC

These are videos about the parliament and courts. Go to: <http://www.legalanswers.sl.nsw.gov.au/about/videos.html> or on YouTube: <http://www.youtube.com/user/findlegalanswers>

### DISABILITY LAW TRAINING for Community Workers & Advocates

#### The Discrimination Toolkit 9.30 am – 12.30 pm

This workshop will cover: • Identifying unlawful discrimination • Legal and non-legal options for dealing with discrimination issues • How you can help clients experiencing discrimination

**12.30-1.30—Lunch provided.**

#### National Disability Insurance Scheme (NDIS) 1.30 - 2.30 pm

This session will cover: • Overview of the NDIS scheme • Appealing NDIS decisions • How Legal Aid NSW can help  
Belmont—Thursday, 13 March Belmont Neighbourhood Centre 359 Pacific Highway, Belmont North  
Toronto—Monday, 24 March Toronto Workers Club 9 James St, Toronto  
Newcastle—Tuesday, 25 March Oasis 67 Cleary St, Newcastle

**Register via email:** [cle@legalaid.nsw.gov.au](mailto:cle@legalaid.nsw.gov.au) please indicate for each participant: • Workshop name, date & location • Participant name • Organisation • Email address • Contact number

**Book online:** [www.legalaid.nsw.gov.au/register](http://www.legalaid.nsw.gov.au/register) or **Phone:** 02 9219 5879

## **Information, Research & Resources**

### **Why technology needs to be out of bedrooms**

I have recently returned from a trip to Africa. In the weeks leading up to my trip I was often asked, "Why would you go to Africa to talk on technology?" Because the world is truly a global village! I have seen it with my own eyes.

Other than perhaps extremely remote areas, almost every child (old enough to own a phone) in Africa has a Smart phone. Mobile phone airtime 'top up' scratchies can be bought for as little as \$1, on almost any street corner. Children are completely technology literate, even in parts of the world where their parents are completely illiterate (in the traditional sense).

So what does this have to do with my child? Children are now more connected than ever before, with anyone, anywhere around the world. So apps for social media sites, such as Snapchat, Instagram, Twitter, Kik, Facebook and Ask.fm are easily available to your child, and every other child – in Sydney, New York, Harare, Johannesburg or Jakarta.

<http://www.generationnext.com.au/2013/10/technology-needs-bedrooms/>

### **Helping Boys Succeed At School**

School principal Paul Tracey, and expert on boys' resilience and motivation Professor Andrew Martin, give their best ideas on helping boys to excel at school.

<http://www.generationnext.com.au/2013/10/helping-boys-succeed-school/>

### **Can Emotional Intelligence Be Taught?**

"Something we now know, from doing dozens of studies, is that emotions can either enhance or hinder your ability to learn," Marc Brackett, a senior research scientist in psychology at Yale University, told a crowd of educators at a conference last June. "They affect our attention and our memory. If you're very anxious about something, or agitated, how well can you focus on what's being taught?"

Once a small corner of education theory, S.E.L. has gained traction in recent years, driven in part by concerns over school violence, bullying and teen suicide. But while prevention programs tend to focus on a single problem, the goal of social-emotional learning is grander: to instill a deep psychological intelligence that will help children regulate their emotions.

<http://www.generationnext.com.au/2013/10/can-emotional-intelligence-taught/>

### **Teenagers Are Still Developing Empathy Skills**

The teen years are often fraught with door-slamming, eye-rolling and seeming insensitivity, even by kids who behaved kindly before. Some parents worry that they're doing something wrong, or that their children will never think of anyone but themselves. New research shows that biology, not parenting, is to blame. In adolescence, critical social skills that are needed to feel concern for other people and understand how they think are undergoing major changes. Adolescence has long been known as prime time for developing cognitive skills for self-control, or executive function. "Cognitive empathy," or the mental ability to take others' perspective, begins rising steadily in girls at age 13, according to a six-year study published recently in *Developmental Psychology*. But boys don't begin until age 15 to show gains in perspective-taking, which helps in problem-solving and avoiding conflict.

<http://www.generationnext.com.au/2013/10/teenagers-are-still-developing-empathy-skills-wsj-com/>

### **Working with young people on AOD issues: learner's workbook**

This is a great website that has a heap of resources for working with young people with AOD issues and applying stages of change model as well as youth focused systems model and interactional model

<http://www.health.gov.au/internet/publications/publishing.nsf/Content/drugtreat-pubs-front9-wk-toc~drugtreat-pubs-front9-wk-secb~drugtreat-pubs-front9-wk-secb-1>

### **Limit teens' web access to two hours a day, parents told**

Teenagers should spend no more than two hours on the internet each day, doctors warned as they advised parents to remove laptops and gadgets from their children's bedrooms. Many mothers and fathers remain "clueless" about the impact excessive media exposure can have on their children and need to "get with it", it was suggested. Dr Victor Strasburger of the University of New Mexico, the lead author of a new policy document from the American Academy of Paediatrics, claimed that all 14-year-old boys with an internet connection in their bedroom would be looking at pornography online.

<http://www.generationnext.com.au/2013/11/limit-teens-web-access-two-hours-day-parents-told/>

### **Far from being harmless, the effects of bullying last long into adulthood**

It has long been acknowledged that bullying at a young age presents a problem for schools, parents and public policy makers alike. Although children spend more time with their peers than their parents, there is relatively little published research on understanding the impact of these interactions on their lives beyond school.

The results of the new study, published in *Psychological Science*, a journal of the Association for Psychological Science, highlight the extent to which the risk of problems related to health, poverty, and social relationships are heightened by exposure to bullying. The study is notable because it looks into many factors that go beyond health-related outcomes.

<http://medicalxpress.com/news/2013-08-harmless-effects-bullying-adulthood.html>

### **What's the point of running an education campaign?**

Some commentators have suggested that mass media campaigns are more likely to be effective when they are:

- well-resourced and enduring
- target a clearly defined audience
- are based on advanced marketing strategies that effectively target, communicate with, and have relevance for, and credibility with, the audience
- provide a credible message to which the audience is frequently exposed.<sup>3</sup>

I would add that they need to be integrated with other prevention initiatives, which has not been the norm in the alcohol field (apart from drink driving, where highly visible random breath tests have been supported by a robust media campaign). This approach to education has been adopted more consistently for tobacco harm prevention. For example, campaigns have been integrated with strategies that directly address access to tobacco and environmental controls (where you can and cannot smoke). This could be why there is evidence that education campaigns are an important part of reducing smoking, whereas there is little supporting evidence about the impact of education campaigns on alcohol-related harm.

<http://grogwatch.adf.org.au/2013/08/whats-the-point-of-running-an-education-campaign/>

### **Sleepy teens hit the bum notes in life**

A generation of sleep-deprived teenagers is not what society needs. Blink and these exhausted, overstimulated youngsters will be adults charged with making -responsible decisions, whether they're equipped to or not. Young people who don't get enough sleep miss out on major developmental milestones that enable empathy, respect, reasoning and self-control. Without the nine to 10 hours a night experts say teens require, they can be not only ratty and rebellious but their ability to make wise choices is compromised. Today's teens are tackling enough already, what with the pressures of social media and ready access to illicit drugs. Why allow them to face challenges exhausted?

<http://www.couriermail.com.au/news/opinion/opinion-sleepy-teens-hit-the-bum-notes-in-life/story-fnihsr9v-1226747423873>

# In Focus

## **Eastlakes Youth Centre**

Eastlakes YC supports young people aged 12 to 18 years.

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

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Windale Community Hall

Tuesday 2:00pm - 5pm 40267573

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The Place, Charlestown Square  
Thursday 6:30pm - 9pm 49721111 A  
free drop-in style youth centre. For  
young people aged 12 to 18 years.

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

For further information please call  
Jenny Pilgrim 4972 1111

## **Southlakes Youth Centre**

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.

## **Multicultural Neighbourhood Centre**

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

## **The Place: Charlestown Community Centre**

### **Disability and Schools Workshop**

Do you have a school aged child with a disability? Firstchance is presenting a free workshop session covering:

- Disability standards in education
- Different types of funding
- Communicating with your school

**When:** Wednesday 12<sup>th</sup> March

**Time:** 10am - 12.30pm

**Where:** The Place Charlestown Community Centre

**RSVP:** FirstChance on 4921 8723.  
Bookings are Essential

### **Young Parents Group**

The Young Parents Group is a relaxed afternoon for parents who are in their teens and early 20's (under 26yrs old) to meet, socialise & share information. Some transport assistance is available, please contact The Place to discuss .

**Who:** Parents 26yrs & under

**Cost:** FREE

**Time:** 12.30pm - 3pm most weeks, light lunch provided

**Contact:** Shelley on 02 4032 5500, or [click here](#) to email

**Facebook:** [facebook.com/YPGCharlestown](https://www.facebook.com/YPGCharlestown)

### **Tantrum Youth Arts**

#### **Creative Expression & Theatre-making**

Tantrum Youth Arts encourages and nurtures Creative Expression and Theatre-making skills in a series of fun and dynamic weekly workshops. Workshops are designed to build skills in acting, performance, design, film-making, writing, rehearsing, improvisation and more. Be inspired by your imagination, and participate in a fun, supportive environment where being yourself is encouraged.

Workshops are now held at The Place

on Monday afternoons (years 7 - 9) and Saturday afternoons (years 3-6).

Mid-term enrolment discounts are available.

**Contact:** Call Tantrum on 4929 7279 or go to the website <http://www.tantrum.org.au/contact.html>

### **Eastlakes Youth Centre Music Program**

Thursdays from 20th Feb to 10th April  
Make your own beats and record your own lyrics with the guidance of music mentor Ben from 5pm - 6pm.

**Cost:** Free

**RSVP:** Contact Eastlake Youth Centre

### **Teens Place Social Club**

Teens Place Social Club is a fun, social group for high school age children with High Functioning Asperger's and Autism. Activities vary and include table tennis, card games, pool table, movie nights, Wii games, craft and cake decorating.

**When:** Fridays during school terms

**What:** Social Youth Group with Pizza

**Time:** 5.30pm - 7.30pm, movie at 6pm

- **Cost:** \$10 per family  
Find and Like "Teens Place" on Facebook ([click here](#)) or contact The Place on 4032 5500 for more information.

### **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