

BOYS2MEN

RESPECT | INDEPENDENCE | RESILIENCE | MENTAL HEALTH

SIX MONTH PERSONAL DEVELOPMENT PROGRAM

For people with disability aged 14-24 years. Learn more at www.ioe.org.au

Boys2Men provides a safe and supported place for young men, and any individual who identifies as such, to explore who they are, who they want to become, and to gain tools to further them on their path towards contributing as adults in their community.



ABOUT THE PROGRAM

From camping and hiking to cooking and creating, combined with informative and interactive workshop sessions, Boys2Men program participants will discuss many issues faced by young men in today's society. They will learn skills and strategies through participating in facilitated and casual discussion and enjoy practical teachings from positive role models.

CONSISTENCY IS KEY

As a small group of approximately six to 10 young men with disabilities, and with consistency of staffing throughout the six month program, participants will benefit from the development of relationships between participants and staff. Staff are able to tailor sessions and discussion to the needs of the group to ensure that each individual can get as much as possible from the program.



PROGRAM DELIVERY

The Boys2Men program runs for six months and includes between three and five sessions per month. Sessions range from weeknight evening workshops, weekend outings for health, fitness and education and weekend overnight adventures. All sessions are planned and facilitated by experienced staff who are excellent role models with input from external facilitators for training and education components.

How to find out more or be involved:

Contact Erin Weegberg on 9758 5522 or erin.weegberg@ioe.org.au



Interchange Outer East supports the LGBTIQ community and encourages people to be involved with programs and groups where they feel safe and that they are most comfortable in.

Interchange Outer East 5-7 Yose Street, Ferntree Gully Victoria 3156 (03) 9758 5522 | ioe@ioe.org.au | www.ioe.org.au

Your local registered NDIS service provider

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SIX MONTH PROGRAM COSTS		
Item	Cost Per Participant	
Out of pocket expense per participant	\$400 Incl. hoodie	
NDIS Items Core Supports Group based community social and recreational activities 1:2 ratio		
Planning - 36hrs 1:2 rate (\$31.81)	\$1,145.16	
Support Costs	41hrs weekday 1:2 rate (\$31.81)	\$1,304.21
	72hrs Saturday 1:2 rate (\$43.76)	\$3,150.72
	37hrs Sunday 1:2 rate (\$56.90)	\$2,105.30
	5 x sleepovers (\$214.03)	\$1,070.15
TOTAL AMOUNT INVOICED TO NDIS PLAN	\$8,775.54	
TOTAL COST OF SIX MONTH PROGRAM	\$9,175.54	

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Please contact Erin Weegberg at Interchange Outer East

Phone: 03 9758 5522

Email: erin.weegberg@ioe.org.au

Web: www.ioe.org.au



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SIX MONTH PROGRAM CURRICULUM - 2020

January	Saturday 18th - 10am to 5pm	Introductory session Self reflection and expression Team building activity - 1000 Steps walk
	Thursday 23rd - 6pm to 9pm	Session 2 Pornography, social media and being respectful
	Thursday 30th - 6pm to 9pm	Session 3 Health and nutrition information session
February	10am Sat 8th - 4pm Sun 9th	Session 4 Coastal beach walk - Bushrangers Bay/Cape Schanck
	Thursday 13th - 6pm to 9pm	Session 5 Mindfulness, meditation, visual diaries and meal preparation
	Thursday 20th - 6pm to 9pm	Session 6 'Being male', mental health and being respectful
	10am Sat 29th - 3pm Sun 1 Mar	Session 7 Trees Adventures high ropes course First aid course
March	Thursday 5th - 6pm to 9pm	Session 8 Responsibilities, relationships, power/control and consent
	Thursday 12th - 6pm to 9pm	Session 9 Boxing and self defence class
	Thursday 19th - 6pm to 9pm	Session 10 Masculinity, violence against women, respect and protect
	4pm Fri 27th - 8pm Sun 29th	Session 11 Wilsons Promontory camp
April	Thursday 2nd - 6pm to 9pm	Session 12 Drug and alcohol information session
	Saturday 4th - 10am to 5pm	Session 13 Personal self care Rock climbing
	Thursday 9th - 6pm to 9pm	Session 14 Mindfulness, meditation, visual diaries and meal preparation
	10am Sat 18th - 6pm Sun 19th	Session 15 Air BnB getaway camp
	Thursday 23rd - 6pm to 9pm	Session 16 Art/music therapy and visual diaries
June	Thursday 11th - 5pm to 9pm	Session 17 Final session presentation

Program is subject to change.