

# GIRLS2WOMEN

**RESPECT | EMPOWERMENT | RESILIENCE | TEAM WORK | SELF CONFIDENCE**

## **PERSONAL DEVELOPMENT PROGRAM**

**Weekly sessions over five months or week-long getaway options**

*For people with disability aged 14-24 years. Learn more at [www.ioe.org.au](http://www.ioe.org.au)*

The Girls2Women program is a safe and open space empowering young females (including anyone that identifies as female) to discuss and gain confidence in what it means to be a woman in today's society. The program aims to equip participants with the tools to make informed and safe decisions within their personal lives and in the community. This will be achieved through open discussions, activities and nights away combined with informative and interactive facilitated workshops. The program aims to discuss then challenge stereotypes and help people identify what inspires them. Participants will be guided by positive role models through a range of topics including the importance of strong female bonds.



### **ABOUT THE PROGRAM**

From camping and hiking to cooking and creating, combined with informative and interactive workshop sessions, Girls2Women program participants will discuss many issues faced by young women 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 women with disabilities, and with consistency of staffing, 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 Girls2Women program now offers two delivery options. Choose from weekly sessions over five months ranging from weeknight evening workshops, weekend outings and overnight adventures, or one week-long getaway program. All sessions are planned and facilitated by experienced staff who are excellent role models with input from external facilitators for training and education components.

### **COST - NDIS CORE SUPPORT**

**Weekly (approx) 5-7 month program:** NDIS Cost: \$8,173.71 - Out of Pocket Cost: \$750

**Five day camp program:** NDIS Cost: \$3,897.96 - Out of Pocket Cost: \$400 (approx.)

*The program may also be funded using NDIS Capacity Building, please enquire.*

## **How to find out more or be involved:**

**Contact Interchange Outer East on 9758 5522 or [ioe@ioe.org.au](mailto:ioe@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.*