

# WILD Wednesdays Journey



## Bush Adventure Therapy Group Program

- APPLICATIONS NOW OPEN -

Headspace Knox, in partnership with EACH Youth & Family and the WILD Program are looking for young people between 15-18 years of age, who have high anxiety/low mood, to participate in an 8-week personal journey, concluding with a 5 day wilderness journey. The program focuses on participants developing skills and obtaining tools to increase areas of self-awareness, self-confidence, self-esteem, social skills, resilience and leadership.

**Program dates – every Wednesday of Term 2, with the journey on 4-8<sup>th</sup> June**

Activities may include: open water and white water rafting, rock scrambling, river sledding, abseiling, high ropes courses, snorkelling and caving.

**Young people should meet the following program criteria:**

- Experiencing high anxiety or low mood
- Experiencing social isolation

**Referrals – Close Friday 30<sup>th</sup> March 2018**

### Contact details

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