

YOUTH MENTAL HEALTH GROUP PROGRAMS 2022

ALL TERMS

YOUTH LEADERS

Youth Leaders provides a unique opportunity to develop key leadership skills, shape the ITC community as a role model, develop key projects for both the ITC and broader community, as well as engage in leadership training opportunities.

WILD

A tailored wilderness program that enhances self-esteem and self-worth, builds team connection, and acts as a catalyst for change in the recovery journey. Activities include white water rafting, rock climbing and extended wilderness journeys.

TERM 1 | 31/01 – 27/03

LIFE SKILLS

8 weeks of interactive educational and practical group activities building knowledge in areas such as voting, tax and super and learning everyday skills such as cooking, cleaning and first aid.

WISE MINDS

6 week group that applies acceptance and commitment therapy approaches to support participants develop strategies for unhelpful thoughts and emotions, identify personal values and use mindfulness practice to promote a better quality of life.

HOPE & RECOVERY

As experts in their recovery, Youth Leaders develop meaningful group activities with their peers, to shine a light on their personal recovery journey. Participants explore recovery and learn from the lived experiences of Youth Leaders, what they value and what they are passionate about.

TERM 2 | 25/04 – 19/06

HOUSING OPTIONS

8 week program that explores short, medium and long term housing options, renter's rights and responsibilities and supports that can help you find and fund your future accommodation.

HEALTHY LIVING

8 week interactive, educational and practical group, with activities focused on exploring the concepts of healthy living and the impact physical activity can have on wellbeing.

MOOD BOOSTER

8 week group CBT based program targeted at young people experiencing the impacts of low mood and/or motivation. Participants will see improvement in personal goals as they learn practical ways of boosting mood and daily motivation.

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TERM 3 | 25/07 – 18/09

FOOD & MOOD

8 week wellbeing program that includes practical activities which are educational and foster the development of key food handling skills whilst exploring the impact food can have on mental health and wellbeing.

HOPE & RECOVERY

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SPARK!

8 week group that applies acceptance and commitment therapy strategies with art and games, to support skill development and explore their values and identify a meaningful life direction, manage life's ups and downs, in a fun and interactive way.

RETURN 2 LEARN

A range of education-focused group programs, run in collaboration with Box Hill Institute. The program aims to reconnect young people with education, and act as a supportive pathway to university or TAFE study. Groups vary from term to term, but often take place in the classroom, completing pre-accredited training courses in industries such as mental health, youth work and hospitality.

TERM 4 | 17/10 – 11/12

HEALTHY RELATIONSHIPS

8 week group adapted and influenced by the Interpersonal Effectiveness module of DBT. Participants will develop interpersonal skills and build healthier relationships. Various DBT skills will be introduced with practical ways to implement into everyday life, current and future relationships.

YOGA

8 week program facilitated by a trauma-informed yoga instructor. Applying mindfulness through Yoga has been proven to EMPOWER, ease chronic pain, improve focus, physical health, sleep and maintain mental wellbeing!

SENSORY MOD

8 weeks of interactive, educational, and practical group activities focusing on understanding sensory modulation and how it benefits emotional regulation. Participants will engage in peer support, explore common issues, and learn methods to build on their resilience and coping strategies.

Contact Group Intake for enquiries: 9890 6833 / 9800 1499