## You are not alone

Build skills for brighter futures.

Connect with others, discover your strengths and develop practical skills in a supportive environment.

**Enrol in Rise and Thrive today!**





# Uplyft.

strong young futures

## Kalgoorlie

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We acknowledge the Traditional Owners of the lands on which we live and work, and pay our respects to Elders past and present.

# Rise & Thrive

## Bright Young Futures

Building resilience and independence in young people age 13 - 17 years



## Program Details

**Goal**

To empower young people aged 13-17 who are experiencing disengagement from education pathways and community supports who have family domestic violence or trauma, equipping them with essential life skills for emotional well-being, healthy relationships, and pathways to employment. We use a trauma informed approach, fostering self-confidence and a sense of belonging.

**Program Structure**

- A total of 18 sessions, divided into two parts.
- Sessions delivered twice per week during school term.
- Group sessions with opportunities for individual support.

## Part One: Healthy self and relationships

Focuses on developing healthy relationships by developing young people's emotional regulation, conflict resolution, problem-solving and respectful communication skills. It also supports recovery from violence, healthy identity development, understanding consent, reducing bystander guilt and building the foundations of safe, respectful future relationships.

BHP

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## Part Two: Practical Independence Skills

Focuses on building practical life skills and independence. Young people develop strategies to access emergency support services, obtain identification documents, manage banking and budgeting, and explore education and employment pathways, including TAFE options, personal strengths and work experience opportunities

## Evaluation

With informed consent, pre- and post-program assessments are used to track participant progress, alongside participant feedback to support ongoing program improvement.

