

GIRLS2WOMEN

RESPECT | EMPOWERMENT | RESILIENCE | MENTAL HEALTH | SELF CONFIDENCE

SIX MONTH PERSONAL DEVELOPMENT PROGRAM

For people with disability aged 14-24 years. Learn more at 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 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 Girls2Women 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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Girls2Women provides a safe and supported place for young women 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.

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	49hrs weekday 1:2 rate (\$31.81)	\$1,558.60
	66hrs Saturday 1:2 rate (\$43.76)	\$2,888.16
	32hrs Sunday 1:2 rate (\$56.90)	\$1,820.00
	6 x sleepovers (\$214.03)	\$1,284.00
TOTAL AMOUNT INVOICED TO NDIS PLAN	\$8,695.92	
TOTAL COST OF SIX MONTH PROGRAM	\$9,095.92	

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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

MARCH	Thursday 5th - 6pm to 9pm	Introductory session
	Thursday 12th - 6pm to 9pm	Session 2 Decision making and self-advocacy
	Thursday 19th - 6pm to 9pm	Session 3 Nutrition and fitness
	10am Sat 27th - 4pm Sun 28th	Session 4 Air BnB overnight stay - TBA
APRIL	Thursday 2nd - 6pm to 9pm	Session 5 Body image; Acceptance and self love
	Thursday 9th - 6pm to 9pm	Session 6 Consent and respectful relationships
	5pm Fri 17th - 4pm Sun 19th	Session 7 Camping weekend - Wilsons Prom
	Thursday 23rd - 6pm to 9pm	Session 8 LGBTIQ and gender identities
	Thursday 30th - 6pm to 9pm	Session 9 Social media, cyber safety and pornography
MAY	Saturday 9th - 10am to 4pm	Session 10 Team building and confidence building day
	Thursday 14th - 6pm to 9pm	Session 11 Mental health
	10am Sat 23rd - 4pm Sun 24th	Session 12 Air BnB overnight stay - TBA
	Thursday 28th - 6pm to 9pm	Session 13 Support network; Know your tribe
JUNE	Thursday 4th - 6pm to 9pm	Session 14 Community safety
	Thursday 11th - 6pm to 9pm	Session 15 Drug and alcohol awareness
	6pm Fri 25th - 4pm Sun 27th	Session 16 City weekend away and end of program celebration
JULY	Thursday 2nd - 6pm to 9pm	Session 17 Presentation to families

Program is subject to change.