

# GIRLS2WOMEN

## NEW FORMAT FOR 2023!

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

**FIVE DAY, CAMP-STYLE PERSONAL DEVELOPMENT PROGRAM**

*For people with disability aged 14-24 years*

Girls2Women provides a safe and supported place for young women (including any individual who identifies as female), to explore who they are, who they want to become and to gain tools that may help them on their path towards being more comfortable & confident in today's world. It offers an informal delivery style, aiming to build capacity through discussions and fun activities.



**8 to 13 JANUARY 2023 - AXEDALE, VIC**

The program consists of one day activity followed by an overnight portion that runs for four days/three overnights. Over the course of the five day program, the group of approximately six to 16 young women, will explore and develop skills in the following areas:

### **8 January**

- Getting to know your tribe; team building and connection

### **9 to 13 January**

- Stereotypes; the good the bad and the reality
- Healthy relationships and communication
- Setting goals; what inspires or motivates you?
- Porn is not the Norm (bonus topic if time/dynamics permits)

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

NDIS Cost: \$5,370 - Out of Pocket Cost: \$600 (approx.)

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

### **EXPRESS YOUR INTEREST:**

NON-IOE PARTICIPANTS: [www.bit.ly/IOE-EOI](http://www.bit.ly/IOE-EOI)

IOE PARTICIPANTS and other enquiries: [specialist.services@ioe.org.au](mailto:specialist.services@ioe.org.au)

**Participants do not need to be registered  
with IOE to join in this program**



*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.*

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Your local registered NDIS service provider