

# The National Empowerment Project (NEP)



## Cultural, Social and Emotional Wellbeing Program



### Balga, Koondoola and Girrawheen

This program assists you to develop the skills and knowledge to become stronger and empower yourself. The program will increase cultural, social and emotional wellbeing of individuals, families and the community.

The program includes topics such as:

- Your story relating to family, culture, history and developing self-esteem and positive ways of living.
- Reviewing family structures within the understanding of Stolen Generation, intergenerational trauma, family violence and the role of Aboriginal parents and their children today.
- Developing personal skills that relate to stress, problem solving, managing conflict, healthy relationships and exercise.
- Celebrating Aboriginal achievements and looking at the history of Aboriginal people from a community and national level, exploring the concept of self-determination and what it means to be a good community leader.

The program will be facilitated by Annette Dickie and Angela Ryder.

Please Note: The program is for Aboriginal men and women over 18 years of age.

#### When

Wednesday, 7th February to Wednesday 11th April 2018 from 9.30 am – 2.30 pm

School holiday break

Wednesday, 2nd and 9th May 2018, from 9.30 am – 2.30 pm

Graduation - TBA

#### Where

Wadjak Northside Aboriginal Community Group

2 Finchley Cres. Balga

Tel: 9342 0708

Meal provided. Please talk to us if you need transport.

#### Contact

To register your participation in the program, or for further information, please contact:

sharonkenneywadjaknorthside@iinet.net.au or phone details to 9342 0708

or

Relationships Australia 6164 0463.



## The Program

The program includes the following:

- Day 1 Introductions and what is this program all about? Where it all started!
- Day 2 What does social and emotional wellbeing mean!
- Day 3 Who am I and where do I fit in my family?
- Day 4 Looking after me! How do I reduce stress and increase my wellbeing. How my behaviour (positive and negative) affects others!
- Day 5 Importance of my family. What does family mean to me and the importance of Elders.
- Day 6 Building trust and stronger relationships. How to deal with conflict and difficult people.
- Day 7 What does the term “stolen generation” mean?
- Day 8 What do you think is the role of parents today? What story do you want for your family?
- Day 9 Why is my history and culture important?
- Day 10 How do I contribute to my community?
- Day 11 What skills do I have to make a good leader? Planning a community event!
- Day 12 Did I learn anything? Celebrating the end of the program with my family, friends and community.

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