

# The National Empowerment Project (NEP)



## Cultural, Social and Emotional Wellbeing Program



Langford Aboriginal Association (LAA) in partnership with Relationships Australia WA are pleased to provide this **FREE** program that 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.
- Discussing family structures within the understanding of Stolen Generation, intergenerational trauma, lateral violence and the role of Aboriginal parents and their children today.
- Developing personal skills that relate to stress, problem solving, managing conflict and healthy relationships.
- 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 held weekly during the day.

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

### When

#### Thursday

5, 12, 19, 26 March, 2, 9 April 2020

Holiday break

7, 14, 21, 28 May, 4, 11 June

9.30am – 2.30pm

#### Monday

**Community Project and Lifeskills**

12 sessions

Dates to be advised

9.30am – 2.30pm

Cultural Outing - Thursday 30th April, time and location to be advised

Graduation - Thursday 18th June, time and location to be advised.

### Where

Langford Aboriginal Association (LAA)

15 Imber Place, Langford

Tel: 9451 1424

Meal provided. Transport and child care MAY be provided.

### Contact

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

Relationships Australia WA on 6164 0463 or email [carolyn.mascall@relationshipsaustralia.org.au](mailto:carolyn.mascall@relationshipsaustralia.org.au)

Sophie Walker at LAA on 9451 1424 or email [nep@laalangford.com.au](mailto:nep@laalangford.com.au)

## The Program

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

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 My learnings
- Day 13 Cultural Event
- Day 14 Graduation - celebrating the end of the program with my family, friends and community.

## Words from previous participants

*“The most significant change for me from doing the SEWB training is that I have felt more comfortable about speaking out and comfortable about doing it. I have enhanced my association of togetherness and will continue to highlight this in my life. I am more settled in my life and will continue to be a “voice” for SEWB in our community; Gave me the confidence to say what I wanted to say, to believe in what I wanted and not stand back and not say anything.”*

*“Got my learners to drive a vehicle; Bought a car; Attend employment places; Passed provisional driving test today, Never had a driver’s license for 20 years; It’s a long, long climb, but I’m going to get there.”*

*“After the NEP program I have completed a Cert II in Business and done work experience with the zone youth spaces. Now I volunteer for Australian Red Cross Kwinana. I really enjoy working in the Kwinana community and to be a role model to the younger youth. I’m also studying a Cert III in Community Service; It made me realise there’s more out there and a lot you could give to the community and to also prevent the youth from making wrong choices in life.”*

*“Since completing the National Empowerment Program, I have gained knowledge in how to deal with difficult situations. I have now been empowered in gaining employment within my community and found happiness and feeling much better about myself.”*