

AUBURN YOUTH CENTRE PROGRAM TIMETABLE: TERM 3, 2016



MONDAY

GIRLS ONLY SELF + Brazilian Jiu Jitsu DEFENCE PROGRAM

The program runs every Monday afternoon from 4:30PM to 5:30PM. It assists girls in their development to adulthood by and looks to:

- Self defence
- Self control
- Build confidence
- Mindfulness

The program is a closed group, so registrations are essential. To find out more information or to book this program, please call Brian (02) 9646 2122



TUESDAY

BOXING WORKOUT

Boxing class is in runs every Tuesday afternoon at 4pm. This program is free to boys & girls aged 12-24.

To register, please call Brian (02) 9646 2122

Boxing program is in partnership with STARTTS and Woodville Alliance.



WEDNESDAY

GIRLS CLUB

A girl's only space is provided from 3-6 PM with activities including:

- art and crafts
- nails and beauty
- Movie day
- sports competitions
- Card and Board games

Please call Brian (02) 9646 2122 for more information or feel welcome to just drop by

GIRLS INDOOR SOCCER

Girls indoor soccer is held every Wednesday afternoon from 4:30 PM to 6 PM.

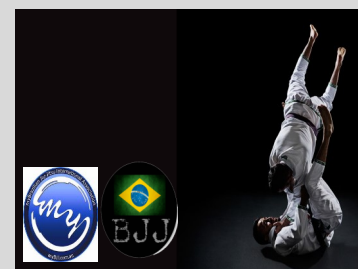
This is available to girls aged 12-24. You can register as a team or as a player and the games are free.

To register a team or player, please call Brian (02) 9646 2122

THURSDAY

BRAZILIAN JIU JITSU

Brazilian Jiu Jitsu classes runs every Thursday afternoon from 4 PM to 5PM. This is open to all youth aged 12-24 and spaces are limited. To register please call Brian (02) 9646 2122



FRIDAY

EPIC MEAL TIMES

Held every Friday afternoon from 4 PM, this is a space to eat amongst friends, speak to a youth worker and play some board games. To find out more information please call Brian (02) 9646 2122

INDOOR SOCCER COMPETITION

Held every Friday afternoon from 6 PM to 8 PM. This soccer competition is free, mixed and open to youth aged 12-24.

To register a team or player, please call Gokhan/Brian (02) 9646 2122

AYC also offers regular DROP IN SESSIONS which run from 1 to 6PM everyday, with activities available. These include PlayStation, table tennis and pool table.

Youth Workers and Counsellors are available for 1:1 support with issues including school, work, housing, relationships, AOD and other

www.ayc.org.au—Wyatt Park, Church Street Lidcombe—Contact (02) 9646 2122—admin@ayc.org.au

Auburn Youth Centre provides free programs

AUBURN YOUTH CENTRE: WORKSHOPS



LOVEBITES

LOVEBITES, based on best practice standard, **consists of two three hour interactive education workshops** on domestic and family violence and sexual assault followed by creative workshops that consolidate the information.

The artworks and other work created in the creative sessions are the basis for local campaigns to challenge violence against women in their community. This campaign is led by and delivered by young people.

LOVEBITES is for students aged between 15 and 17 years and can also be delivered at school or in an alternate setting.

To find out more information, or to book this program at your school, please call (02) 9646 2122

ROCK & WATER

ROCK & WATER offers a framework of exercises and ideas to assist youth in their development to adulthood by increasing their:

- self-realisation
- self-confidence
- self-respect
- boundary awareness
- self-awareness and
- Intuition

ROCK & WATER reduces bullying, increases self control and enhances social and communication skills. The program **runs for 1 hours for six weeks** and is aimed for youth aged 12-15 years.

To find out more information, or to book this program at your school, please call (02) 9646 2122

ANTI VIOLENCE

ANTI VIOLENCE workshops run for **five x1 hour per week interactive sessions** catering for two age groups. The junior (12-15) workshop focuses on topics including:

- Raising awareness of gendered violence
- Rewriting the script
- Self care and self improvement

The senior (16-19) workshop focuses on topics such as:

- Anger versus violence
- Understanding group mentality
- Violence in the media
- Coward punch and the legalities
- Alcohol & drug fuelled violence

To find out more information, or to book this program at your school, please call (02) 9646 2122

ANGER MANAGEMENT

ANGER MANAGEMENT is a **six x 1 hour session** course for young people aged between 12 and 18. This program is hands on, practical and also fun.

ANGER MANAGEMENT covers :

- Recognizing anger and the 4T's anger cycle
- Healthy expressions of anger
- Values and needs
- Problem Solving
- The importance of relaxation, exercise and diet

To find out more information, or to book this program at your school, please call (02) 9646 2122

Resourceful Adolescent Program (RAP)

RAP provides the techniques of keeping calm, cognitive restructuring and problem solving. The program provides techniques to maintain self-esteem in the face of a variety of stressors. The program **runs for 1 hour for seven sessions** and include: :

- affirmation of existing strengths and resources
- promoting self-regulation skills
- cognitive restructuring
- creating a personal problem solving model
- building and accessing psychological support networks
- considering other perspectives
- keeping and making the peace

To find out more information, or to book this program at your

AUBURN YOUTH CENTRE: WORKSHOPS



AYC Soccer for Schools

SOCCER TRAINING SESSIONS are available for high school students. The sessions **run for 1 hour weekly for 8 weeks** and can be tailored to meet time frames available at the school. The program combines:

- teaching soccer skills
- Mentoring
- psycho social & resilience building activities
- Engage socially isolated or disengaged youth to build their capacity

AYC Sport & Recreation Officer will facilitate the training who is a qualified coach holding Certificate "C" Part 1 & Licence B coaching. He is also holds an advanced First Aid Certificate and Diploma in Community Services .

To find out more information, or to book this program at your school, please call (02) 9646 2122

MANAGING STRESS

MANAGING STRESS is a **four x1 hour per week** workshop built upon the following key messages:

- What is stress and what are common signs and symptoms of stress
- Learning about the role of thoughts in stress responses
- Understanding perfectionism and procrastination
- Tips to manage exam stress
- Where you can seek help when stress gets too much

To find out more information, or to book this program at your school, please call (02) 9646 2122

DRUMBEAT

DRUMBEAT promotes social understanding and connection through a team drumming experience. It is fun, safe, creative, engaging and rewarding that **runs for 1 hour x 6 weeks**. This program is appropriate across cultures, genders and age groups as it engages young people and adults who may be anxious or resistant to 'talk based' therapies.

The program explores relationship issues such as:

- Peer Pressure
- Bullying
- Dealing with emotions
- Identity
- Social responsibility
- Teamwork

To find out more information, or to book this program at your school, please call (02) 9646 2122